Printed by Peter Cole
In Leaden-Hall
In Effigiem Nicholai Culpeper Equiti
Crosse fecit in Aqua

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# Two Books of PHYSICK: VIZ.

I. *Medicaments for the Poor*; Or, *Physick for the Common People.*

(The chief things treated on in this Book; you may read in the two Leaves of Contents, before the Epistle to the Reader.)

*First written in Latin by that famous and Learned Doctor*, John Prevotius, *Physitian, and Publick Professor of Physick in* Padua. Translated into English, and something added,

By *Nich. Culpeper*, Student in Physick and Astrology.

II. *Health for the Rich and Poor, by Diet without Physick.*

By *Nich. Culpeper*, Student in Physick and Astrology.

Also CULPEPERS GHOST; is hereunto added; being a Book of Truth, Wit, and Mirth.

*London*: Printed by *Peter Cole*, in Leaden-Hall, and are to be sold at his Shop, at the sign of the Printing-Press in Cornhil, neer the Royal Exchange. 1656.

## *Ten several Books*, by Nich. Culpeper, *Gent. Student in Physick, and Astrology.*

1 The *Practice of Physick*, containing seventeen several Books. Wherein is plainly set forth, The *Nature*, *Cause*, *Differences*, and Several Sorts of *Signs*; Together with the *Cure* of all Diseases in the Body of Man. Being chiefly a Translation of *The Works* of that Learned and Renowned Doctor, *Lazarus Riverius*, Now living; Councellor and Physitian to the present King of *France*. Above fifteen thousand of the said Books in Latin have been Sold in a very few Yeers, having been eight times printed, though all the former Impressions wanted the *Nature*, *Causes*, *Signs*, and *Differences* of the Diseases, and had only the Medicines for the *Cure* of them; as plainly appears by the Authors Epistle.

2 The *Anatomy of the Body of Man*, Wherein is exactly described, the several parts of the Body of Man, illustrated with very many larger Brass Plates than ever was in English before.

3 A Translation of the *New Dispensatory*, made by the Colledg of Physitians of *London*. Whereunto is aded, The *Key* to Galen's *Method of Physick*.

4 The *English Physitian Enlarged*; being an *Astrologe-Physical* Discourse of the vulgar Herbs of this Nation; wherein is shewed how to cure a mans self of most Diseases incident to Mans Body, with such things as grow in *England*, and for three pence charge. Also in the same Book is shewed, 1 The time of gathering all Herbs, both Vulgarly and Astrologically. 2 The way of drying, and keeping them and their Juyces. 3 The way of making and keeping al manner of useful Compounds, made of those Herbs The way of mixing the Medicines according to the Cause, and Mixture of the Disease, and the part of the Body afflicted.

5 A *Directory for Midwives*, or a *Guide for Women*. Newly enlarged by the Author in every sheet, and Illustrated with divers new Plates.

6 *Galen's* Art of *Physick*, with a large Comment.

7 A *New Method* both of studying and practising Physick.

8 A Treatise of the *Rickets*, being a Disease common to Children; wherein is shewed, 1 The Essence, 2 The Causes, 3 The Signs, 4 The Remedies of the Disease; Published in Latin by Dr. *Glisson*, Dr. *Bates*, and Dr. *Regemorter*, translated into English. And corrected by *N. Culpeper*.

9 Medicaments for the Poor, Or Physick for the Common People.

10 Health for the Rich and Poor, by Dyet without Physick.

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# MEDICAMENTS For the Poor; *Or,* PHYSICK For the Common People.

Containing,

*Excellent Remedies for moſt Common Diſeaſes, incident to Mans Body; made of ſuch things as are common to be had in almoſt every Country in the World: and are made with little Art, and ſmal Charge.*

This Book is of admirable uſe for, 1. Purging Medicines, for Choller, Flegm, Melancholly, or Watry Humors. 2. Vomits. 3. Such things as evacuate by Swear, Spittle, the Pallate, Noſtrils, or Inſenſibly. 4. Womens Diſeaſes. 5. Worms. 6. The Stone. 7. Poyſons. 8. The Head over-hear, or over-cooled. 9. The Eyes. 10. The Joynts. 11. The Nerves. 12. Breathing. 13. The Heart. 14. The Stomach. 15. The Inteſtines. 16. And for Diſeaſes of ill Conformation. 17. Or in Faulty Magnitude. 18. Or in Number. 19. Or in Scituation, and Connexion. 20. Or in diſſolved unity.

---

*Firſt written in Latin, by that Famous and Learned Doctor,* John Prevotius, *Philoſopher, and publick Profeſſor of Phyſick in* Padua.

Tranſlated into Engliſh, and ſomthing added,

---

By *Nich. Culpeper,* Student in Phyſick, and Aſtrology.

---

*London:* Printed by *Peter Cole* in Leaden-Hall, and are to be ſold at his Shop, at the ſign of the Printing-preſs in Cornhil, neer the Royal Exchange. 1656.

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# The Printer to the READER.

I Thought it convenient to give thee notice of ſome Particulars to be minded in this Book.

1. That thou haſt not more in the Title Page, than is in the Book (as is too often uſed by many in theſe times) For every one of the twenty Particulars there named, is diſtinctly treated on, under that Head, and ſomtimes much more, as thou mayeſt eaſily find, if thou pleaſeſt to peruſe the Contents before the Book; by which thou mayeſt eaſily turn to the page in which each Head is treated on.

2 If

2 If thou meeteſt with hard words that thou doſt not well underſtand, look at the end of *Riverius* Practice in Engliſh, and moſt of them are there explained.

3 Things that are here but briefly touched, are much more largely treated on in *Riverius* Practice of Phyſick in Engliſh.

4 For the reſt of Mr. *Culpepers* VVorks that are yet unprinted, I refer thee to his VVives Informati-on and Teſtimony, printed before this Book. I remain,

*Thine, to ſerve thee,*

*Peter Cole.*

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# TO THE READER.

ALL those that were famous in the Art of Physick, and by taking care of the health of Man gained to themselves great Honor, may be supposed to have laid the first foundation of all their glory in the Cottages of Poor Men. For since two things chiefly commend a Physitian; skill to cure the sick, and great charity to the Poor, without which there can hardly be so much sence of anothers misery that can invite one carefully to lend his utmost help. These two are so united, that a Physitian can hardly be approved amongst Rich Men and Princes, unless he hath shewed himself to be such a one by his frequent Practice amongst the Poor: For they that abound with all those things, the want whereof makes life to others not so desirable, will suspect the skill of such as begin, but now to Practice; and who have not been eminent by many experiments, and famous Cures, that are divulged by the Iesti-

mony of the common People. And the Physitian alone shall not easily perswade great Men, to whom he may be called, that he hath seriously taken care for the Disease, but rather for his own gain and profit, who hath not sometimes done his best endeavors to help poor distressed Men, and by such a Custome, learned to deal gently with those that are sick. And this is the Cause, that, those who begin to study Physick, and by the profession of it, seek for renown and much profit, must in the first place make it their greatest care, that when by study they have learned the precepts of Physick, they may know how to apply it to Men of mean fortunes that are Sick; and from thence they may happily begin their first Practice. In which business, a smal estate is no little hindrance to the endeavors of the Physitian, when oftentimes not only fit Nourishments cannot be afforded to sustain the strength of Nature, but also fit Remedies for the Cure; much dear and costly Physick fetched out of the Apothecaries Shops, would undo the Poor and so make a new addition of more misery to the former. Nature is liberal to provide for the necessities of the Poor, and hath sent forth many matters for Medicaments, that may be found almost every where, and with little Art may be prepared for every use. In which a Physitian ought to be as wel skilled, as he should be in Medicaments that are for the Rich. as Galen writes, 6. de Comp. Medicam. Per Loca. Cap. 1. Especially since those Obvious

Remedies

*Remedies are not onely profitable for the Poor, But as neceſſary for the Rich, when they are upon a Journey, if perchance they ſhould fal ſick, when they are farr from Cities, and Apothecaries Shops. This Treatiſe therefore ſhal be concerning ſuch Remedies as are eaſie to be procured. Thus far I have followed in this Epiſtle the Expreſſions of the Famous and Learned* Doctor, John Prevotius.

My intent in Publiſhing Books of Phyſick in Engliſh is not to make Fooles Phyſitians. But to help thoſe that are Ingenious, Rational and Induſtrious, though they have not that knowledg of Tongues that were to be deſired. I have and ſhal in my Books of Phyſick follow the moſt Honeſt and Learned in that Art; But let me warn thee now (as I have often before) That there is great danger in Phyſick if they be not rightly prepared and given in their due quantities. And alwaies remember, thou ſhalt give an account to God for al thy actions done in the Fleſh; Therefore when thou haſt to do in what concerns the lives of Men; do nothing but what thou wouldeſt do, if thou wert ſure the great and dreadful day of Judgment were to begin the next hour.

I ſhal ſay no more but this; I am reſolved not to give over, until I have Publiſhed in Engliſh whatſoever ſhal be neceſſary to make an Induſtrious, Diligent, Rational Man a knowing Phyſitian. This is the aim and indeavor of.

*Nich. Culpeper.*

# *Mris.* Culpepers Information, Vindication, and Testimony, concerning her Husbands Books to be Publiſhed after his Death.

Courteous Reader,

SO *great are the Afflictions wherewith our* Heavenly Father *hath been pleaſed to exerciſe me his poor* Hand-maid, *that I have not only lived to ſee my* dear Husband, *(the Staff and* Solace *of my Life) taken from me: but it hath been my hard hap alſo to ſee his* Reputation, *and* Memory *(which will be dear to all* Poſterity, *for the works he hath written for the Common Good of this Nation) blemiſhed, and Eclipſed, by the* covetous *and* unjuſt Forgeries *of one, who, though he calls himſelf* Nathaniel, *is far from being* an Iſraelite in whom there is no guile; *who was not content to publiſh a* Hodg-podg *of* indigeſted Collections, *and* Obſervations *of my dear Husband deceaſed, under the Title of* Culpeper's laſt Legacy; *but to make the Deceit more taking, he ſteeled his Forehead ſo far, and braſed it ſo hard, as not to be aſhamed to forge* two Epiſtles, *one in mine, and the other in my Husbands Name; of the penning of which, he nor I, never ſo much as dream'd: And yet he* impudently *affirmeth in my Name, that my Husband* Laid a ſevere Injunction on me to publiſh them for the general Good, after his deceaſe; and that

that they are his laſt Experiences in Phyſick and Chyrurgery. *And in the Title of his Book, he ſaith,* They are the choyceſt, and moſt profitable Secrets, reſolved never to be publiſhed till after his Death. *All which Expreſſions in the Title and Epiſtles, are as falſe as the Father of Lyes; and every word in them, forged and feigned. And he knew well enough, that no diſcreet, honeſt man, that was a friend to my Husband, or me, would ever have agreed to ſuch infamous and diſhoneſt Practices; and therefore I deſire all Courteous Readers of the Writings of my Husband, to take notice of this* Deceit, *and to aſſure themſelves that it never entred into his head, to publiſh ſuch an undigeſted* Gallimoffery, *under the promiſing and ſolemn Name of his* Laſt Legacy, *and that* whereby he gained his Reputation in the World, *as the Impoſter makes him ſpeak in his forged Epiſtle. And I deſire any indifferent Reader, that hath obſerved my Husbands lofty, and Maſculine manner of expreſſing himſelf in his Prefaces, and Epiſtles Dedicatory, whether in caſe he had been minded or diſpoſed to take ſo ſolemn a farewel of the world, as the* Forger *makes him to do; whether, I ſay, he would have done it in ſuch a* whining faſhion, *and ſo in the Stile of a* Ballade-maker, *as to ſay,* And now, if it pleaſe Heaven to put a period to my Life, and Studies, that I muſt bid all things under the Sun farewel: Farewel to my dear Wife and Child, farewel Arts and Sciences, farewel all worldly Glories, adieu Readers. *Certainly my Husband would have been far more ſerious, and materiall, in ſuch a caſe, as any diſcreet man will judg. Neither can it be thought, that in ſuch a ſolemn* Valedictiõn, *he could poſſibly forget his wonted reſpects to the* Colledg of Doctors, *to whom he did ſo frequently addreſs himſelf, in divers of his Writings.*

Courteous Readers, I *ſhall ſay no more touching the abuſe of the Book-ſeller, only to prevent (as much as concerns me) thy being abuſed for the future, know, That my Husband left ſeventy-nine Books of his own making, or Tranſlating, in my hands, and "I have depoſited them into the hands of his, and my much Honored Friend, Mr.* Peter Cole, *Book-ſeller, at the* Printing-Preſs, *neer the* Royal Exchange *(for the good of my Child) from whom thou mayeſt expect to receive in Print, ſuch of them as ſhall be thought fit to ſerve thee in due ſeaſon, without any Diſguiſes or Forgeries, unto which I do hereby give my atteſtation. Alſo my Husband left ſeventeen Books compleatly perfected,*

in

*in the hands of the said Mr.* Cole, *for which he paid my Husband in his life-time: And Mr.* Cole *is ready and willing (upon any good occasion) to shew any of the said seventy nine Books or the seventeen, to such as doubt thereof.*

*And if any Person shall question the Truth of any part of this Vindication, or Epistle; if they will take the pains to come to me, I will face to face, justifie the truth of every word thereof, and have subscribed my Hand thereunto in the presence of many Witnesses.*

*I profess in the Presence of the great God, the Searcher of all hearts, before whom Mr.* Brooks *and I must one day give an account of all our Actions; That I have not published this Epistle or Vindication, out of any dis-respect to Mr.* Brooks (*for I much respect the man, and would be glad to serve him to my power*) *but only to clear my Husband from the folly and weakness cast upon him by the means above expressed. And out of tenderness to Mr.* Brooks, *I first tried other means of keeping, and afterwards of repairing my Husbands Credit, and then stayed long to see if he would repair (in any measure) the wrong done to my Husband, and my self. I desire to be*

*From my House, next door to the Red Lyon in Spittle-fields, October, 18. 1655.*

*Your Servant (in, and for the Truth).*

*Alice Culpeper*

Mris. *Culpeper* did the 18. of *October*, subscribe this Epistle in Vindication of her Husband's Reputation, before Ten Witnesses, as she had done another Epistle on the ninth of *October*, almost in the same words with this, except neer the Conclusion

## *The Names of ſeveral Books Printed by* Peter Cole *in Leaden-Hall*, London, *and are to be ſold at his Shop at the ſign of the Printing-preſs in Corn-hil, neer the Exchange.*

*Ten ſeveral* Books, *by* Nich. Culpeper, *Gent. Student in Phyſick and Aſtrologie.*

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Health for the Rich and Poor, by Dyet without Phyſick.

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——— of Chriſts Genealo

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2 *Goſpel Worſhip*, on *L* 10. 3. Wherein is ſhewe The right manner of the W ſhip of God in general; particularly, In Hearing Word, Receiving the L Supper, and Prayer.

3 *Goſpel Converſation*, *Phil.* 1. 17. Wherein is ſhe 1 That the Converſation Beleevers muſt be above could be by the Light of ture, 2 Beyond thoſe that under the Law, 3 And ſu to what Truths the G holds forth. To which is

The Misery of those men that have their Portion in this Life only, on *Psal.* 17. 14.

4 A Treatise of Earthly-Mindedness, Wherein is shewed, What Earthly mindedness is, 2 The great Evil thereof, on *Phil.* 3. part of the 19. Verse. Also to the same Book is joyned, A Treatise of *Heavenly-Mindedness and, Walking with God*, on *Gen.* 5. 24. and on *Phil.* 3. 20.

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6 An *Exposition* on the eighth, ninth, and tenth Chapters of *Hosea.*

7 An *Exposition* on the eleventh, twelfth, and thirteenth Chapters of *Hosea*, being now compleat.

8 The *Evil of Evils*, or the exceeding Sinfulness of *Sin*, on *Job*, 36. 21.

9 Precious Faith, on 2 *Pet.* 1. 1.

10 Of Hope, on 1 *John.* 3. 3.

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vernor 7 What Confidence is to be given to Princes.

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King *Charls* his Cale, or an Appeal to all Rational Men concerning his Tryal.

Mr. *Owens* stedfastness of the Promises.

A Vindication of Free Grace; Endeavoring to prove, 1 That we are not elected as holy, but that we should be holy; and that Election is not of kinds, but persons. 2 That Christ did not by his Death intend to save all men, and touching those whom he intended to save, that he did not die for them only if they would believe, but that they might believe. 3 That we are not justified properly by our believing in Christ but by our Christ, believing in him 4, that which differenceth one man from another, is not the improvement of a common ability restored through Christ to all men in general, but a principle of Grace wrought by the Spirit of God in the Elect. By *John Pawson.*

Six Sermons preached by Doctor *Hill.* Viz.

1 The Beauty and Sweetness of an Olive Branch of Peace, and Brotherly Accommodation budding.

2 Truth and Love happily married in the Church of Christ.

3 The Spring of strengthening Grace in the Rock of Ages Christ Jesus.

4 The strength of the Saints to make Jesus Christ their strength.

5 The Best and Worst of *Paul.*

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Theſe ſeveral Books of Phyſick and Chyrurgerie will ſhortly be printed in Engliſh.

*Riverius* Obſervations, with fifteen hundred and ſeventie other Hiſtories and Obſervations of other men.

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The *Idea of Practical Phyſick*, being a compleat Body of Phyſick.

And *Fernelius* his Works.

There will ſpeedily be printed theſe Several pieces of Mr. *Bridge of Yarmouth. Viz.*

1 *Scripture Light the moſt ſure Light*: compared with, 1. Revelations and Viſions. 2. Natural and Supernatural Dreams. 3. Impreſſions with and without Word. 4. Light and Law within. 5. Divine Providence. 6. Chriſtian Experience. 7 Humane Reaſon. 8. Judicial Aſtrology. Delivered in three Sermons on 2 *Pet.* 1. 19.

2 *Chriſt in Travel:* Wherein, 1 The Travel of his ſoul. 2. The firſt and after effects of his Death. 3. His Aſſurance of Iſſue. 4. And His ſatisfaction therein Are opened and cleered in three Sermons, on *Eſay*, 53. 11.

3 *A Liſting up for the Caſt-down*, in caſe of 1. Great ſin. 2. Weakneſs of Grace. 3. Miſcarriage of Duties 4. Want of Aſſurance. 5. Affliction 6. Temptation. 7. Diſſertion. 8. Unſerviceableneſs. 9. Diſcouragements from the Condition it ſelf. Delivered in thirteen Sermons on *Pſalm*, 42. 11.

His Four Sermons concerning

1 Sin againſt the Holy-Ghoſt.

2 Sins of Infirmities.

3 The Falſe Apoſtle tried and Diſcovered

4 The Good and means of Eſtabliſhment.

*Franciſci*

*Franciſci Tayleri*, Capitula Patrum: Hebraicè & Latinè edita. Una cum Annotationibus ſenſum locorum difficilium Experimentibus.

*Franciſci Tayleri*, Lamentationes Jeremiæ vatis, Denuo è fontibus Hebraicis tranſlatæ, cum Paraphraſi Chaldaica, Maſora magna & parva, & Commentariis Rabbi Shelomoh, Jarchi & Aben Ezræ, è Buxtorfii Bibliis magnis excerptis.

Theſe Books of Divinity wil ſpeedily be printed.

Mr. *Burroughs*, on 1 *Cor.* 5. 7. and 18, 19. 29. And fifty nine Sermons on *Matthew*, 11. 28, 29, 30.

Seventeen Books of Mr. *Thomas Hooker*, being the ſubſtance of many Sermons preached in *New-England*.

# *Mr.* CULPEPER'S PHYSICK FOR THE POOR OR Common People.

## *The Begining.*

IN ſetting down of Phyſicks that can eaſily be prepared, the beſt way is to diſtribute ſuch remedies as are found out, into ſuch a Method, that every one may know readily how to bring forth the Matter which

he must chuse, to begin, or to go forward with in the cure of a disease since therefore the remedy, which hath its indication from the cause of the disease, is found out last, but must be first put in execution, and before al things, the cause must be taken away, that so the disease may be over come. 7. *Meth.* Chap. 12. Those Medicaments that are contrary to the causes of diseases, do deservedly challenge the first place and they are many, as the causes are many: For some of them do impair or weaken, and evacuate the Matter that offends; some again increase that which is wanting; and others do correct the ill quality of it; some do hinder disorderly motion, or else recal rest that is faulty, to its natural Station; others do root out the causes that are Peccant, by their whole kind (as they say) against Nature and Substance.

We shal begin with such as evacuate, and the rather, because that poor people by reason of ill diet, abound with

with more Excrements, than the rich do: & ſo uſually fal into diſeaſes from ill humors, rather than from Plethory.

Phyſicks that evacuate are divers, for ſome do ſenſibly evacuate the Matter by the Belly, by Vomit, by Urine, by Sweat, by Spittle, by the Pallate, by the Noſtrills. Others do digeſt inſenſibly, and turn it into Vapors, and theſe take place in the Cure only after ſenſible evacuations.

### *Phyſicks that purge the Belly.*

Some of theſe reſpect only the impurity of the firſt paſſages, nor do they extend their forces beyond the neighbor region of the Meſentery, and theſe are called Lenitives; others do purge the ſecond and third Region of the Body, and are called Catharticks and Purgatives.

The Belly is looſned by Phyſicks taken at the Mouth, or caſt in by Clyſters, or elſe by Suppoſitories.

Thoſe that are taken at the Mouth,

are of two ſorts: for ſome of them do ſtrongly purge the Belly, and bring forth the Excrements; others work more weakly, which are principally to be uſed, to keep the Belly looſe that the Natural Excrements of the firſt Concoction may not too long be retained.

*Strong Purgers in a Chollerick Cauſe.*

Whey Clariſied and ſo drank from three pound, to eight pound, within one hour ſpace: but it wil be more effectual, if in the firſt Cup you diſſolve one dram of common Salt.

Un-huld Barly Water, drank within the time of half an hour, from two pound, to ſix pounds; eſpecially if it be boyld with Raiſons and Prunes.

The freſh Juyce of the purple Violet, from one ounce to two ounces: with one cup of Barley or fountain Water.

The Juyce of Damask Roſes, drank the ſame way.

The Juyce of the Garden Gourd, gently

ly boyled with a fourth part of Honey, and a little common Salt, drank from three ounces to five ounces.

All theſe muſt be corrected by ſteeping of Wormwood in them, if a weak ſtomach chance to abound with choller.

The Juyce of Succory clarified, from Three ounces to five or ſix ounces.

Common Oyl that is made of ripe Olives, boyld with thrice as much Fountain Water til the moyſture be conſumed, drank alone, from four ounces to ſix ounces, eſpecially in the pain of the Heart.

The freſh Flowers, of the Cherry Tree or the Peach Tree, one ſmal handful, eaten in a *S*allet.

Musk Roſes, in number, four. Eaten in a *S*allet, eſpecially if they be yet moyſt with Dew.

Twelve ſweet Prunes gently boyl'd in Honey Water.

You may alſo prepare from Prunes, a * Rob, like to Sapa, of ſmal Charge, and very pleaſant, ſuch as here followeth.

* What *Rob* or *Sapa* is, and how to mak ſeveral ſorts thereof and the ſeveral uſes of them, you may eaſily learn in my laſt edition of the *London Diſpenſatory* in Engliſh

Take ſweet Prunes, one pound, ſweet Cods ſliced three ounces, Fountain Water or ſweetiſh white Wine three pound, boyl them at a gentle fire, til the Matter grow thick, then ſtrayn it through a Hair Sive, & then boyl it again, to the conſiſtence of a *Sapa*, of which, for a Sufficient Purge, give one ounce and half, either by it ſelf, or with a ſmal Cup of Water or Broth. you may boyl it thicker, like an Electuary, for ſuch as wil take it only in a *Bolus*, but you muſt add a fourth part of Honey, that it may laſt ſome time uncorrupted, and you may give one ounce of it, or one ounce and half.

*Purgers in a Flegmatick Cauſe.*

Take red Sugar one ounce, in the broth of a Pullet, or Water of Coriander.

Alſo take fine Sugar, from one ounce and half to two ounces the ſame way. Good

Good Metheglin not boyled, taken from eight ounces to about one pound. But the windinſs of it muſt be corrected with ſeeds of Annis, Fennel or Coriander.

Sweet Wine with the third part of raw Honey from four ounces to nine ounces, adding alſo the ſweet Seeds, that it may not ſtretch out the Belly.

The decoction of Fenugreek with a fourth part of Honey, or elſe alone with Salt, from four ounces to ſix ounces.

The Herb Mercury, eaten like Pot-hearbs, ſeaſoned with Salt and Oyl.

So alſo is the Decoction of it good from four to ſix ounces, adding Salt to it.

The pouder of both Hyſops, from two drams, to four drams, with Oxymel, or about one meaſure of the Decoction of it given alone, or elſe with Oxymel.

The Pouder of crude Tartar from half a dram to two drams drank in Cock

Cock-Broth, or Honey and Water, or in the Decoction of Hyſop or Poley.

Roſin of the Larch Tree unwaſhed from three drams to five, for thoſe that are in years; but give children about one dram in Bolus or Pills.

For this end may be provided a laxative Oxymel that is very effectual.

Take eared or femal Mercury two handfuls, common Wormwood one handful, Honey one pound, Fountain Water three pound, let them boyl at a gentle fire to the conſiſtence of Honey, then ad Hyſop and Poley of each one handful, the beſt Vineger half a pound, boyl them again to the conſiſtence of Oxymel, and then ſtrain them, the doſe is from three ounces to four ounces alone or in Broth.

Alſo there are Pills eaſy to get and of ſmal coſt, Made of waſht Aloes, which may be given from one ſcruple to two drams or thereabouts. And *Garzias ab horto* writes that if the leaves of Aloes are cut and boyled with

with a little Salt, the Decoction drank to about eight ounces wil Looſen the Belly without any harm, four or five times.

*Purgers in a Melancholy Cauſe.*

Take the pouder of Fumitory dryed in the ſhade, about three drams in Water and Honey. *Or,*

Take the freſh Juyce of the ſame Herb, from two ounces and half, to four ounces or there abouts, in Clarified Whey or Broth of a Pullet.

So the Decoction of one handful of it is good, eſpecially with Raiſons, and a little Salt.

Tartar uſed as was ſaid before.

The Cream of Tartar is given from one dram to three drams, in Broth, or ſome other Liquor.

Of Tartar, and a little of the Leaves of Senna of Alexandria, to ſtimulate it: a very effectual Pouder is made, and it is very pleaſant. It is thus made.

Take

Take the beſt crude Tartar, one dram, or Cream of Tartar one dram & half, Leaves of Senna one ſcruple, ſeeds, of annis, or fennel, or cinnamon half a ſcruple fine Sugar half a dram, mingle them and make a Pouder for one Doſe.

### *Medicaments that Soften the Belly.*

We muſt uſe theſe remedies that do not Purge ſtrongly, rather to hinder the retention of the Excrements of the firſt Concoction, than for any other neceſſary and quick Evacuations; and ſuch are theſe.

### *Things that Molify the Belly in a Chollerick Cauſe.*

Theſe following Herbs boyld as Pot-hearbs, and their Decoctions are profitable, namely, Sorrel, Atriplex, Blites, Lettice, al kind of Sor-

rel

rel, Mallows and the ſtalks thereof, Spinach.

Theſe Herbs ſoften more, if they be boyled with Raiſons, in fat Broth or ſeaſoned with Oyl and a little Salt.

*S*weet Cherries boyled, eſpecially with their broth and ſprinckled with Sugar.

Alſo Juyce of Cherries thickned with Honey, from one ſpoonful to two ſpoonfuls, either taken alone or with Broth.

Peaches byoled and ſprinkled with Sugar.

Sweet Apples byold.

Corinths without ſtones, and al of that kind either taken alone or ſteeped in Clarified Whey til they ſwel, or boyled in White Wine, or Broth and ſprinkled with Sugar, taken one ounce or two ounces at a time.

Sweet Prunes raw, their outward ſkin being pulled off, or boyled in Wine, and ſprinkled with Sugar.

The Juyce of Ptiſan, eſpecially made of huſked Barley.

Barley

Barley Bread.

Oyle of ripe Olives eaten largely at Meals.

The cheif uſe of al theſe, as of thoſe that follow, is at the firſt courſe or when the *S*tomach is empty, about two hours before Meat.

### *Medicaments that looſen the Belly in a Flegmatick cauſe.*

The ſprouts of Stone Sparagus boyled and ſeaſoned with *S*alt and Oyl.

Oat-meal in Meats or Gruel.

Colworts, cheifly thoſe that are curled, being gently boyled, & ſeaſoned with Oyl and *S*alt.

Alſo the firſt Broth of Colworts, wel boyled and ſeaſoned as before.

Likewiſe the Juyce of Colworts preſſed out and drank in Broth, from two to four ounces.

Beets vſed in the ſame manner, the white Beet is held to be more effectual then the Black or Red.

The

The Leaves of Marigolds Boyld, and ſeaſoned with Ovl and Salt.

The firſt Broth of Chich Peaſe, or Lintels with Oyle and Salt.

The Broth of all Salt fiſh.

New Figs very ripe.

Dry Figs ſix or ſeven ſoaked in Milk or ſweet Wine, until they ſwell.

Some alſo in the ſpring time ſtrew freſh Damaſk Roſe Leaves on Figs, which Leaves they often change for the ſpace of Fourteen dayes, and putting them, preſſed cloſe together, into a Veſſel, they lay them up for their uſe: and uſe to Eat two or three of them before meat.

New Walnuts, or for the lack of them, dry Walnuts ſoked in Water, until they be Soft, and then Eaten with Salt.

Branny Bread or that which is courſe, which is made more effectual with Raiſions and Senna of Alexandria.

Bran alone Boyled in Broth.

The Decoction of Sweet Cods.

*Medicaments*

*Medicaments that ſoften the Belly, in a Melancholly cauſe.*

*Capers* ſeaſoned with Salt gently Boyled, are eaten in Sallets with Oyl and Vineger.

The young ſprouts of hops, that firſt come forth, Boyld and ſeaſoned with Oyl and Salt; they looſen more effectually, if you Drink the Broth after them.

All kind of new ſweet Grapes, but eſpecially whilſt the dew yet hangs on them, they are not ſo effectual, when they are hanged up to be kept. Sweet Wine drank.

Sawces made of the Juyce of Wine Sod, that is, new Wine Boyled a little.

To theſe may be referred prunes and Raiſons, eſpecially in aduſt Melancholy.

Vineger is made to ſeaſon Sallets and to keep the Belly Soluble, after this faſhion.

Take

Take Crude Tartar one dram: or Cream Tartar half an ounce: Leaves of Senna three drams, good Cinnamon, or Annis Seed one dram: the ſharpeſt Vineger one pound: make infuſion a natural day, and keep the Vineger for uſe.

Alſo Vineger of Currence in which Tartar hath been infuſed a whole night, is not uneffectual.

### *Lenitive Clyſters.*

Clyſters are made preſently at a very ſmal rate, to purge the Belly: of one pound, of Fleſh Broth, Oyl of Olives or Line Seed Oyle, and the dregs of Sugar, of each three ounces: Common Salt one dram: mingle them.

It will be Cheaper, and more clenſing, if a Clyſter be made of natural Salt Sea-Water, or Mineral Water, one pound: common Oyl three ounces: Or.

Take

Take the Decoction of Mercury, Mallows, Beets, and Bran, one pound: Juyce of Colworts, or Honey, or Juyce of Beets, two ounces: common Salt one dram: mingle them for a Clyſter.

If there be need of any great Looſning, Augment the Quantity of the Oyl to four or ſix ounces: or Omitting the Oyl, increaſe the quantity of the Decoction made with a great deal of Mallows, Marſh Mallows, Brank-urſin, and preſſed out ſtrongly.

If there need Cooling, the Leaves of blew Violets, Pellitory of the wall, and Barley muſt be added to the Decoction.

If the * *Expulſive faculty* be weak you muſt double, or treble, the quantity of Salt.

* what that is, ſee my tranſlation of *Riverius* Practice of Phyſick in the Phyſical Dictionary at the end of the aforeſaid Book.

*Looſening Suppoſitories.*

Suppoſitories, made of one ounce of Honey, or the droſs of Sugar Boyled

led hard, adding a little Salt to it; if the Expulsive faculty, be sluggish, do mildly stir up the Belly to void out the excrements.

Also the Roots of Radish or Beets, Cut into form of Suppositories, and smeered with Oyl, or Butter, with or without Salt.

The same is done with the stem of the Colwort.

Also a Fig turned the out side inward, and made like a Suppository, anoynted with Oyl and Salt.

So Suppositories are made of Spanish Soap, or with Lard, or a Candle, anoynted with Oyl or Butter.

### *Purgers by the Belly.*

Those Medicaments that draw forth the excrements, by the Belly, and are called Purgatives and Catharticks, though they hardly drive forth the Humors single, but mingled together, yet they take their Name from the Excrement that they

they moſt effectually purge. For which reaſon they may be reduced to four ranks, according to the diverſity of Humors, that they purge forth. Namely to Purgatives of Choller, Flegm, Mellancholy, and Watery, or Bloody Excrements.

We may again divide all theſe ſeverally, to diſtinguiſh them the better, into gentle purgatives, which purge Mildly without gripings, from the parts that are about the Liver into forcible Purgatives, which drive forth from the remote parts and from the hollow Vein, not without ſome trouble: and Violent Purgatives or furious, which draw from the furtheſt parts, and if they be not well Corrected, they do their work moſt vehemently, and weaken the Patient. With this diſtinction it is an eaſy matter for any one to make choiſe of Purgatives, according to the different Scituation, and the part that is affected, and for the greater or leſſer reſiſtance of the Humor that muſt be purged, and for the ſtrength or weakneſs of the Sick that muſt endure it.

*Whe*

*When Choller Predominates, theſe Medicaments are Convenient for a gentle Evacuation.*

The wood of *Amara Dulcis* Boyled; from one ounce to two ounces, with a quantity of Annis Seed or Fennel Seed.

The Yellow rind of the Black Alder-Tree dried in the ſhade, and cheifly at the beginning of the ſpring; taken to four ſcruples: it is corrected, with ſome aromatical Seed, and the Black Rind that is out-moſt; and therefore it is dried, Boyled and bruiſed al together.

Monks Rhu-barb, or the Herb Patience of *Mathiolus*, the pouder of the dried Root is given from one dram, to one dram and an half in warm Broth, with five or ſix grains of Ginger or Hyſop.

Blew Violets dried in the ſhade, are taken, from one dram to two drams: with the Broth of Chich Peaſe, or garden Peaſe, Boyled Moderately.

The great Bind-weed of *Mathiolus*,

Boyled; from one handful to two handfuls. It is corrected with ſueh things, as bind the Stomach, cheifly with the Myrtle Berries, Roſemary, and wild Galinga.

*Theſe Purge Strongly.*

The leſſer Centaury, in a Decoction; from two drams to three drams, in eight ounces of Water: till half be conſumed, adding Liquoris or Rayſons to correct the bitterneſs; it is given in Pouder to one dram, or thereabouts, in the Decoction, of Prunes or Rayſons, cheifly in Barley Water.

Gratiola dried, is adminiſtred in Pouder, to one dram: in Wine or Broth, altered with things that Corroborate the Stomach.

When it is green, it is Boyled, from one dram and an half to two drams: ſome of the Succories, eſpecially being Boyled with it.

Petty Spurge, in Pouder about four ſcruples: drank in Honey Water, with a little Vineger.

*Theſe*

*Theſe Purge Violently.*

Dogs Cole, the Juyce of it, whilſt it is freſh, and the Herb firſt dried in the ſhade.

The ſame thing doth Scammony, but it is corrected with Quinſes, or the Smoak of Brimſtone, which is a new Invention, and it makes the Medicament gentle enough, and void of all taſte; either of theſe being groſſely poudered, is ſpread upon a brown Paper, and poudered Brimſtone is caſt upon the Coals underneath, ſo that the Paper over it may receive the ſmoak: ſo ſoon as the matter begins to Melt, it is taken away and reſerved for uſe: and ſo may Scammony be ſafely given, from five grains to fifteen: but if it be prepared with Quinſes: ten grains are ſufficient; it may be given in ſome convenient Liquor, or made up in Pills, or Bolus.

Of theſe ſpoken of, divers purging

Medicaments, may preſently be provided; concerning which we muſt generally take notice, that the purgation will be made more gentle, if purgatives be mixed with Lenitives of the ſame kind, which muſt be underſtood proportionably, of all other purgatives, for Example.

A potion to purge Choller may preſently be provided thus.

Take Rayſons half an ounce, ſweet Prunes eight, The Leſſer Centaury two drams, Fennel Seed half a dram, Barley or common Water eight ounces, make a Decoction at a ſoft fire, til half be conſumed, ſtrain it, and give it to drink.

If you will have a Bolus.

Take the Roots of patience in pouder one dram: the flowers of the Leſſer centaury, half a dram, the pulp of Rayſons cleanſed from their ſtones, or the * Rob of Prunes thickned, ſix drams: Ginger ſix grains: mingle them and make a Bolus.

If you meet with a Patient, whoſe Stomach abhors all Phyſick, then make purging Prunes, or Currence, or Figs, if you ſteep the ſaid fruit in ſome of theſe

* *what* Rob *is, & how to make it. you may eaſily learn if you Read the Tranſlation of my* London Diſpenſatory: *under the Title* Rob *you ſhall find twelve ſeveral ſorts of* Rob, *by which (with diligence and care) you may make any other ſort, of* Rob.

theſe purging Decoctions, that purge Choller, ſo long that the fruit ſwel, and then ſix Prunes or three or four Figs, or half an ounce of Currence unto one ounce, will be ſufficient for a purge.

So you may provide theſe fruit to purge any other Humors, only changing the matter of the Purgative Liquors, that they are ſoaked in, according to the matter of the diſeaſe, whether it be Blood, Melancholy or Flegm.

### *Theſe gently Purge Flegm, when it is predominant.*

Agarick infuſed all night, in Liquor, in which Ginger is firſt ſoaked, or Hyſop or Time, or ſome other like hot and ſharp Herb, and then it is dryed, As they make Agarick in * Troches: it is given, beaten into Pouder from half a dram to one dram, in Pills, or Bolus, or drink of Oxymel: it is infuſed from four ſcruples: to three drams: or thereabouts, eſpecially, in Honey Water.

Aſarum of *Mathiolus*, Purgeth every

* *See the way of making, Thoches of any ſort, in my Tranſlation, of the* London, Diſpenſatory, *of the laſt Edition.*

Part of it, but the Root moſt effectual; it is given in Pouder, from one dram to two drams, with Oxymel, or Water and Honey.

The pulp of the Seeds, of wild Saffron is given; from two drams to five drams or thereabout; the Emulſion of them, is given in ſweet Wine, ſtrong Wine, or Broth; it is corrected with ſuch things as heat, and corroborate the Stomach, as ſpike, wild Galingal, Roſemary, &c.

The Juyce of the Berries of Buckthorn, or dying-thorn, wherewith the the Book-binders do Colour the Coverings of their Books Yellow, is given in ſubſtance, from three drams to ſix drams: it is corrected with ſweet Herbs, Seeds or Spices, eſpecially with Ginger.

The thicker Rind of the Elm Poudered; is given from two drams, to half an ounce or thereabouts in Wine, or the Decoction of Hyſop.

*Radix cava*, or the Root of Bulbus, Fumitory dryed in the ſhade, is given in ſubſtance poudered one dram, in ſome convenient Liquor.

Of

Of the Buck-thorn, there is made a pleasing Syrup two ways, and to be kept for the Poor. after this fashion.

Take the Juyce of the Berries of dying Buck-thorn clarified two pound, clarified Honey two pound and an half, Boyle it at a soft fire, to the consistence of a Syrup, straind through a wide Linnen Cloth, after wards whilst the strained Liquor is yet hot, cast in of the best Cinnamon in Pouder three drams: Ginger one dram and an half, mingle them and keep it for your use, Or.

Take of the said Juyce strained, and Boyled by it self, til a fourth part be consumed, one pound: clarified Honey eight ounces: Boyl them together, to the consistence of a Syrup, when they are Boyled, and taken from the fire, cast in two drams of good Cinnamon. Give either of these, from one ounce, to one ounce and an half, in Wine or Broth of Flesh, or in the Decoction of Hyssop, or Poley, or Time.

## *Strong Purgatives.*

Take the Root of Esula, the greater,

or

or the leſs, which is commonly the more effectual. The Root is uſed, firſt ſteeped in Roſe Vineger, or Vineger of Quinces, and then dried and kept for occaſion. If theſe Vinegers be wanting, common Vineger is altered, with ſome Stomachicall Aſtringent, as with Roſes, Barberies, wild Pomgranat Flowers, or Quinces, the Tendrells of Vines, Flowrs of the wild Vine, or Myrtle Berries, it is given in Pouder, from ſix grains to twenty grains, it is Infuſed, from one ſcruple to five ſcruples or thereabout, in Wine, or Methegelin.

The Rind of the Root Eſula of *Venice*, is of the ſame nature, prepared and given the ſame way.

Garden-Broom which they call ſpaniſh Broom, the Leavs, and Seeds, are given in ſubſtance, from one dram to two drams: in Infuſion, or Decoction; from two drams to half an ounce. It is corrected with Aromatical Wine, or ſome Odoriferous ſtomachical remedies.

Al the parts of cornerd Broom do the ſame effects; exhibited the ſame way.

Common

Common Hermodactils or Meddow Saffron of Dioscorides; the Roots of them digged up before they flower, and especially before the Leaves come forth, endure no boyling or infusion, the Pouder is given from two scruples to two drams in Pils, or Bolus, or Lozenges, or alone in drink, in Wine, or Broth. The force of it must be sharpned with some tart thing, as with Ginger, Hysop, or Time, also it were good to ad some Antidote to correct the Windiness of it; as, amongst common antidotaries, are Rue, Goats Rue, or wild Angelica Root, and the purgation wil be the safer

The Root of the yellow, wild Daffodil is given in substance, from two drams to half an ounce in Wine or Broth: it is corrected with odoriferous stomach strengthners.

The dry Root of the black wild Vine of Mathiolus, is given in Decoction; from one dram and an half, to three drams. In substance poudred from half a dram to one dram and half, or thereabouts; it is corrected with the Pills, or seeds, of Citrons, or Orenges or with spike.

*These*

*Theſe* Purge *Violently.*

The yong ſprouts of Bryony, half a handful, Boyled as Pot-Herbs, and taken,

The Juyce of the yong ſprouts of the ſame, taken in Wine, or Broth, or the Decoction of Hyſop, Origanum, or Calamint, from one dram to two drams.

Little Cakes of Wormwood, fryed in Oyl, that is diſtilled from the ſprouts of Bryony, do the ſame.

The Root of Bryony dried, and Boyled from one dram to three drams, or thereabout, or the ſubſtance from one ſcruple to one dram, or thereabouts, may be taken in Wine, or Broth being corrected with Wormwood, or ſome thing to ſtrengthen the Stomach.

The pulp of the wild Gourd is ſteeped from five to twenty grains, decocted from ten grains or thereabouts, to twenty four grains, it is corrected with ſome Stomach ſtrengthner, and that, by the

the slipperineſs of it, can make the Decoction ſooner; as Mallows, Fenugreek, and Citron Seeds, tops of Wormwood, or Cinnamon.

To this belongs alſo ſtrong Wine, as wormwood wine, that for one night hath been waſted in a hollow wild-Gourd.

The gourd that is Pear-faſhion, doth the ſame, but ſome-thing weaker, and therefore the Doſe is allmoſt double.

*Chamelæa*, eſpecialy the Leaves of it, are Boyled from half a dram to one dram: in ſubſtance they are taken from ten grains to one ſcruple, it is corrected with Wormwood, and Barley.

*Thymelæa* doth the ſame, the ſame way given.

*Laureola* the Male, which *Mathiolus* cals *Chamædaphne*, and the Fœmal, which he calls *Daphnoides*, do the ſame, but not ſo ſtrongly, it is Boyled from one dram to three drams: but given in ſubſtance from fifteen grains to one ſcruple, or to two ſcruples, and is corrected the ſame way.

All the Tithymals, except that with Broad Leaves, which doth Violently Purge Watery Humors, are given

given many wayes; the Milk of it is given from five to twelve grains, the ſmal Branches and Leaves, are given in ſubſtance, from half a dram to four ſcruples, the Rind of the Root is given in ſubſtance, from one ſcruple to one dram, but infuſed from four ſcruples, to three drams or thereabout.

Of theſe ſundry remedies may be compounded, and be uſed preſently, or be reſerved for uſe. for Example.

*A Drink.*

Take prepared Agarick four ſcruples: infuſe it in three ounces of the Decoction of Hyſop for ten hours, then ſtrain it, and add Oxymel one ounce and an half, mingle it for a draught, Or.

Take the Roots, of Eſula prepared two drams, the Leaves of *Laureola*, being freſh, one ounce, Leaves of Myrtles, and Hyſop, of each one handful, Fragrant White Wine, two pound and an half, Clarified Honey, one pound;

Boyled

Boyled all at a gentle fire, to a mean conſiſtence: then add Annis Seed one dram, Coriander Seed prepared half a dram, Cinnamon one dram, Boyl them again to a Syrup, ſtrain it, and keep it for uſe. The Doſe is one ounce and an half to four ounces.

### *A moſt pleaſing Pouder.*

Take Hermodactills, cleanſed from their outward Skin, one dram, Tartar, crude or prepared one ſcruple, Ginger, ſix grains, fine Sugar half a dram; mingle them, and make a Pouder to be given in Wine.

### * *A Bolus*

Take agarick prepared two ſcruples, Tartar half a dram, Cinnamon five grains, the pulp of Figs, or Rayſons cleanſed from their ſtones half an ounce; mingle theſe for a Bolus.

* *what Bolus is, & the way of making them, you may ſee in my* Engliſh Diſpenſatory. *Or the end of my Practice of Phyſick, in Folio.*

*Pills.*

## *Pills.*

Take Hermodactils, and Agarick prepared, of each one ſcruple and half: Ginger ſix grains: make a Pouder, and with Honey, or Oxymel; form it into Pills.

### *When Melancholly predominates, theſe will* Purge *gently.*

Dodder Boyled, from ſix drams to one ounce and an half, for one Doſe, and it is thus corrected with Wormwood.

Take Herb Dodder, one ounce, topps of common Wormwood two Pugils, or two drams, common Water ten ounces: let al be Boyled to the conſumption of half, add to them about the ends Seeds of Annis, or Fennel, groſſely bruiſed half a dram: ſtrain it for one draught; if you Boyl under half an ounce, it opens only, but purgeth not.

Epithyme of *Greece*, for there it grows naturally, may be uſed in ſubſtance,

ſtance, to half an ounce, in clarified Whey, or Milk or ſome ſuch cooler, in Decoction; from ſix drams to one ounce and an half; but it muſt be Boyled moderately. The ſlow purging quality it hath, is corrected with tart things, as Pepper or Ginger: In the place of it, Time may be uſed, which hath the ſame force, and muſt be ſo prepared: but in *Europe* the Black Time is moſt commonly uſed. That which is white and grows in *Syria*, is more effectual, but it is better, in the Decoction of it, to uſe other Melancholy purgatives, than to uſe it alone, becauſe it Purges ſlowly.

The Root of Polypode in ſubſtance, is given from one dram to four drams in Cock-broth, or Cream of Barley; it is Boyled from ſix drams to ten drams; it is corrected with ſuch things as diſcuſs Windineſs, and ſuch as are a little aſtringent for the Stomach, as Citron Seeds, or Orange Seeds, or Corriander Seeds, or Spik of Italy.

The great and ſmal Leaves of Senna are uſed in ſubſtance, from one dram to two drams; they are infuſed from

two drams to ſix; but they endure no Boyling, they are corrected with ſweet Seeds, and other things that diſpel Wind. By infuſion is made Senna Wine, of which half a Cup may be given, obſerving the former proportion, for a juſt Purge: But if it be only to looſen the belly, then every Doſe of Wine muſt contain no more then one ounce of Senna infuſed but one night.

*Theſe Purge ſtrongly.*

*Conſiligo* of Mathiolus, which *Tragus* thinks to be Black Hellebore, and *Dodonæus* thinks that it is Buphthalmus, hath the ſame vertue, but ſomthing Weaker, as hath Black Hellebore of the Apothecaries, and it muſt be prepared the ſame way.

Fœmale *S*annicle of Fuchſius, the Root of it is of the ſame force, and needs the ſame preparation.

*Theſe Purge Violently.*

Purgative Antimony: and it is made ſo by

by being thrice Calcined with the double weight of Salt Peeter, at a fire not too Violent, and ſtirring the matter continually with an Iron that it burn not. It is given in ſubſtance for Children, from four grains to nine grains, and to thoſe that are of ripe years, from ſix grains to twelve grains, and to them that are hardly purged, from twelve to ſixteen grains; give it in any Liquor, or in a ſpoonful of a Panatella or Ptiſan, it will work the more eaſely, if you add ſome Grains of cremor Tartar.

The Root of Black Hellebore prepared: there are divers preparations of it, whereby this Medicament maybe made as gentle as Senna, commonly the rind of the Root is infuſed in the ſtrongeſt Vineger, and then is dried in the ſhade for uſe. It is given in ſubſtance from one ſcruple to about two ſcruples; in Decoction from one dram to about two drams; in infuſion from half a dram to four ſcruples; it is corrected with ſweet Seeds, chiefly of Daucus and Nymphya which are the proper correcters of it.

If you would make it to Purge gently, and would uſe it inſtead of gentle Purgatives, before you dry it for your uſe, let it Boyl a while in Vineger, for ſo it loſeth much of the force, or when it is Boyled, or infuſed, as they ordinarily prepare it, do but caſt away the firſt Decoction or Infuſion, and Pour on new Liquor to the ſame Root, for the ſecond Infuſion, or Decoction to be adminiſtred.

Moreover, of Hellebore they prepare a double extract, one more effectual then the other.

Firſt, Take Roots of Black hellebore, waſht in white Wine, and cleanſed from their filth, one pound: ſlice them and infuſe them twenty four hours in four pound of the beſt white Wine, adding to it, Flowers of the Water Lillies one handful, Daucus Seed two drams, or the Root of Daucus, half an ounce, about the end, boyl them gently, that the Roots may grow ſoft, and ſwel; then preſs them in a preſs; let the Juyce be ſtrained, and purified, and thickned, ſenſibly, by a gentle heate; and when it is as thick as

Honey

Honey, add a fourth part of Maſtick; the doſe is from half a ſcruple to one ſcruple; in Pills or Bolus.

The ſecond is the more ordinary.

Take Roots of black Hellebore, be they green or dry, ſo much as you pleaſe, boyl them in eight times ſo much water, til a third part remains, then cruſh out the Roots moſt forcibly: add the Expreſſion to the Decoction, and preſſing both of them through a double ſtrayner, thicken them together to the conſiſtence of Honey; adding an eight part of Maſtick: when the Juyce is thick, you may give it from ſixteen grains to half a dram: in Pills or Bolus.

Alſo, of Hellebore is made a purging Apple, if the ſmal Roots preſerved, and dried, be ſtuck into an Apple, and that Apple be roaſted, then pul out the roots and let the Patient eat the Apple: or if the roots ly in the Apple, for the ſpace of a Natural day being ſtuck in, then caſt away the roots and eat the Apple raw.

Laſtly, of Hellebore is made an Oximel, or any purging ſyrup, if the roots

be boyled in it, but they endure great boyling: there is almoſt the ſame purging faculty in black Hellebore you buy in the ſhops, which *Mathiolus* cal's, black Hellebore with a blew flower, and black Hellebore that hath a greeniſh flower, which *Mathiolus* calls baſtard black Hellebore; but the firſt purgeth with leſs trouble then the latter, which therefore wants the better preparation, and muſt be given in leſs quantity.

Of the foreſaid things, may be prepared a Syrup moſt profitable and pleaſant for poor people, to be kept to Purge the Melancholy Humors; thus,

Take Roots of Black Hellebore prepared three ounces, Borrage, Bugloſs, Fumitory and Dodder, of each one handful, Pome Citrons cut into pieces half a pound, Fountain Water five pound; let them boyl at a gentle fire to the waſting of three pound, then caſt away the Herbs; add Juyce of ſweet Apples half a pound; Boyle them again til half be conſumed: then preſs all forth ſtrongly, ſtrain them and clarify them; add purified Honey one pound,

pound, Boyl all to the consistence of a Syrup; the Dose is one or two ounces.

But, presently such Medicaments may be made, as for Example, a drink.

Take Leaves of Senna three drams, Seeds of Fennel or Annis one dram; infuse them twelve hours in the Decoction of hops, four ounces, or the Decoction of Raysons, and make it Boyl once, and then strain it; add * Oxymel Simplex (namely to open the passages and to scour thick Humors) one ounce, mingle them, make a Potion.

* *what* Oxymel *Simplex is, and how made with the vertues thereof, you may see in my Translation of the* London Dispensatory, *of the last Edition.*

A Bolus may be made presently thus,

Take Leaves of Senna in pouder one dram, Tartar, Annis Seed or Cinnamon, of each one scruple; the pulp of Raisons purged from their Stones half an ounce; mingle them and make a Bolus.

Pills may be made thus.

Take Leaves of Senna two scruples, Root of Black Hellebore half a scruple, Seeds of Daucus and Cinnamon of each six grains; pouder them and with Oxymel make Pills.

Such a pouder may be made.

Take of Purging Antimony eight grains, Cream of Tartar one ſcruple, Cinnamon and Sugar of each half a ſcruple; mingle them, make a pouder to be given in Wine or Broth. Or,

Take Leaves of Senna one dram, Tartar and fine Sugar and Cinnamon of each one ſcruple; mingle them, and make a pouder for one.

*When Watery Humors prevail, theſe will Purge gently:*

The Root of the white Thiſtle beaten to Pouder, is taken from one dram in Wormwood Wine, or Oxymel; or in Decoction from two drams to half an ounce, it is corrected with ſweet Seeds or Wormwood.

The Root of the wonderful Herb of *Spain* that carryes a diverſe coloured flower is taken any way to two drams.

Wild Mercury in a Decoction one handful and an half, or Boyled as Pot Herbs, and ſeaſoned with Oyl and Salt and eaten.

Garden

Garden flowerdeluce, that bears a blew flower, the Juyce of the Root newly preſſed forth, and purefied from two ounces to three ounces, or thickned from two drams to half an ounce, chiefly in Wormwood Wine.

The Root of *Anthora* Scraped, from one ſcruple to two ſcruples, taken in Wine or Broth: it needs no corrector.

The Root of wild Cucumber dried, given in ſubſtance from fifteen grains to about half a dram, it is infuſed, beaten groſly from two ſcruples to about five ſcruples, it is Boyled from two drams to half an ounce:

It is corrected with things that help the ſtomach. But the beſt way to give it, is to infuſe it a night in Wormwood Wine.

Four Sprouts of Dwarf-elder, that have four Leaves, Boyled in Wine or Broth, and eaten as Pot Herbs.

The Root of the ſame ſteeped in Wine, from two drams to three drams.

The Juyce of the flowers and fruit of the ſame is given from five drams to one ounce, in ſtrong Wine or Broth corrected with Wormwood.

The

The ponder of the Seed of the ſame is given from half a dram to about one dram in the ſame Liquor.

The Juyce of the ſame thickned with Honey, to the conſiſtence of a Syrup; is given from half an ounce to one ounce, either alone, or in wine or Broth.

The Elder Tree doth the ſame, prepared the ſame way, only there is a greater purging Quality in the Rind of the Root then in other Parts.

The Juyce of the wild Lettice, from three drams to about ſix drams, with Honey or Oxymel or ſweet Wine, corrected with wormwood.

The Huſked Seed of the common Ricinus, the * Emulſion of it, is given from one dram to three drams with wine or fat Broth, corrected with ſome ſpice; or infuſed, or lightly bruiſed; from three drams to ſix drams.

* What Emulſions are, ſee my Tranſlation of Riverius in the Phyſical Dictionary, at the end thereof.

*Soldanella* or Sea Coal is given in Decoction of fat Broth, from one handful to two handfuls, alſo the yong ſhoots are eaten, as *Pliny* ſaith, or the yong Tendrels, Boyled like Pot-Herbs. They are corrected with ſtomack Corroboratives.

Out

Out of this plant may be made a plain extract to be kept for uſe, and it is very pleaſant, if the Juyce of the Leaves be preſſed out, Clarified, and thickned, and be made into Pills with a fourth part of Mace and Maſtick, or if it be made thick with a fourth part of Honey, and an eight part of the Juyce of wormwood, the Doſe will be from one dram, to two drams or thereabouts.

The Root of the white Vine which *Mathiolus* makes to be the third Kind of *Clematitis*, Boyled from about half an ounce in wine mingled with Equal quantity of water: it is corrected with temperate Stomachicall things; namely with Coriander Seed or Myrtils. Theſe Purge Vehemently.

*Ricinus* of *America*, it is taken from half a grain to a whole grain, or the Seed is ſteeped all night in wine; or elſe drink the emulſion of the Seed in Broth.

*Granum Dende* of *Avicennæ*, which Mountebanks ſel up and down for the Seed of *Ricinus* of *America*, doth the ſame effect, as *Ricinus* of *America* doth.

The Seeds of *Cataputia*, if they be

great

great are given from ſeven to ten, but if ſmal, from eight to fifteen. Or elſe made into Pills or Bolus with Figs, or taken in Emulſion, with Hydromel; they are very troubleſome to the Stomach, therefore you muſt drink after them, Broth altered with Wormwood, and Seeds of Citrons or Orenges.

Tithymal with broad Leaves, given according to all the parts of it, in the quantity, and manner aforeſaid concerning the other Tithymals that Violently Purge fleam.

Of the foreſaid may be prepared a pleaſant and profitable Syrup, to be kept for uſe. As,

Take the Roots of ordinary Flower-de-luce freſh, ſix ounces, wild Cucumber dried in the ſhade, two ounces, Roman wormwood and Origanum, of each one handful, pleaſant white Wine two pound and an half: make infuſion for five hours, then Boyl them at a gentle fire to the Conſumption of a third part, ſtrain it; then add clarified Honey one pound, Boyl all again to the conſiſtence of a thin Syrup, add about the end, Cinnamon or Annis Seed two drams.

The

The Doſe of this Syrup will be from one ounce to two ounces at the moſt.

Preſently compoſitions may be made thus;

For a Potion.

Take the Roots of wild Cucumber groſsly bruiſed one dram, tops of Roman wormwood one handful, Seeds of Annis, Fennel or Cinnamon one ſcruple, the beſt Wine three ounces, infuſe them all night, in the morning, ſtrain them; to the ſtraind Liquor add Oxymel Simple one ounce; mingle them for a drink. You may Leave out Oxymel if you pleaſe.

For a Bolus.

Take the Juyce of Flower-de-luce thickned three drams; the tops of wormwood in Pouder half a dram, Annis Seed half a ſcruple, Figs half an ounce, mingle them for a Bolus.

Pills.

Take *S*eeds of dwarfe Elder two ſcruples, or the Roots of wild Cucumber one ſcruple, Cinnamon half a ſcruple, Pouder them, and make Pills of them with Juyce of wormwood what may Suffice.

*Purging*

## *Purging Clyſters.*

Purgatives that are given in Clyſters are uſed for a two-fold end, namely, either to ſtirr up the Faculty Expulſive that is very dul, as is uſed to be done in * Sleepy Diſeaſes; as the Palſey and Dotings, and they are therefore called Tart Clyſters; or elſe to draw the Excrements from the remote parts that are ordained for Evacuation or for revulſion ſake They are prepared the ſame way and in the ſame quantity as we ſayd already of lenitive Clyſters, adding only to the Decoction for a common Clyſter ſome purging Herbs; as centaury the leſs, or Gratiola in a Cholerick cauſe; the ſprouts of wild Saffron, broom Leaves, the pulp of Coloquintida bound up in a wide Cloth, the Roots of Eſula, or ſow Bread in a Flegmatick Cauſe, the Roots of Black Hellebore in caſe of Melancholy; the Leaves of Dwarf-Elder, or the Elder Tree in a watery Cauſe;

* *the Sleepy Diſeaſes are moſt excellently treated on in* Riverius *Practice of Phyſick in Engliſh,*

Cauſe; but that they may Purge, and ſupply the place of a Medicament to be taken at the Mouth, they muſt not be caſt in beyond the quantity of eight ounces; namely the ſame quantity that may be alſo taken at the Mouth, and a Clyſter to Purge the Entralls, muſt go before, for ſo a Purgative Clyſter may be held in many Hours, and it is fitly actuated by the Heat of the Inteſtines. But the quantity of Medicaments to be taken at the Mouth, muſt be doubled in Clyſters; becauſe they are not ſo eaſely brought to action by the Inteſtines, as they are by the Stomach. As for Example, to pul back and to Purge Flegm, ſuch a Clyſter may be made.

Take Leaves of Mallows, Beets, Origanum, Chamomel of each half an handful, pulp of Coloquintida bound in a Skin half a dram, Seeds of Carthamus two drams, Fountain water one pound, Boyl them to the Conſumption of half, to the ſtraind Liquor add of the dregs of Sugar or Honey two or three ounces; make a Clyſter.

*Sharp*

### *Sharp Suppoſitories.*

Purging Suppoſitories, ſeem to have no purgative power of themſelves, that is, to have no drawing quality to fetch the Humors from the remote parts to the Inteſtines, but only to ſtir up the Belly, when it is ſlow to expulſion; by which ſtirring up, ſometimes by accident it fals out as it doth in purgatives; that the excrements that ly in the Veins, and diſtant Parts, are thruſt out by the Belly, but not by the Medicament drawing them, but only by the Expulſive Faculty awakened: Whereupon ſometimes ſharp Clyſters ſupply the room of a Purgative Medicine, and are more ſafely given to any that are weak, then Clyſters are.

*Sharp Suppoſitories* are made of Honey or the reliques of Sugar boyled hard, adding for every ounce of them from one grain to ten grains of Coloquintida, Scammony, or of both Hellebors, or of the Milk of Tithymals, or Eſula, and ſome

ſome Sharp Salt, as Salt Armoniack or Salt Nitre, for *S*uppoſitories.

*For Vomiting Medicaments.*

There are two ſorts of theſe alſo, for ſome only Purge the Stomach, being Void of all attractive vertue, and theſe belong to the Rank of gentle Medicaments; others again evacuate the ſuperfluities they draw to the Stomach, and are Purgatives. The former, of themſelves hardly provoke one to Vomit, unleſs they offend ſome Stomach that nauſeats them very much, but they need ſome outward help to ſtirr them, as by putting the Finger or a Feather into the Throat; but the latter provok Vomit without any outward help.

*Theſe move Vomit gently.*

In a hot cauſe: Warm Water or Bar-

ley water, fat Broth, water and Oyl, they are all given luke-warm, from one pound to two pounds, to those that are of ripe years, but to Children, from eight ounces to one pound.

In a cold cause, that is thin: the Decoction of Citron Seeds or Orange Seeds in Broth, to one pound with two ounces of Oxymel.

The luke-warm Decoction of bay Leaves, to one pound.

The Root of Daffodil Boyled and eaten, or the Decoction of it drunk in the quantity aforesaid:

The Pouder of the Root of bettony, from one dram to three drams with Broth and Oxymel.

The Pouder of the Pompion Root, from one scruple in the same Liquor.

The Decoction of Snails in hedges, in water or Broth.

In a cold cause and thick: the Juyce of Radish from one ounce to two ounces with Broth and Oxymel.

Nitre from one scruple to one dram with Metheglin or fat Broth.

Broth taken with Oxymel or Honey, with which mingle one scruple of Ginger, Hyssop or Pepper.

*Purging*

## *Purging Vomits.*

All thoſe things that Purge by Vomit, do alſo move the Belly, and therefore they are then to be Choſen, when nature is more enclined to Purge upwards; they may be brought to three ranks, as they were that Purge the Belly. Some are gentle, that draw only from the Parts that lie round about the Stomach, and with ſmal troubl move the Stomach, others are ſtrong, and draw more effectually from the Remoter Parts, and trouble the Stomach ſomething more. Some are violent, which draw vehemently, and Evacuate matter that is very thick, or ſuch as is contained in the remoteſt Parts, and cauſe Vomit with great forcing of the Stomach.

When Choller predominates, theſe are gentle: The Yellow rind of the Black Alder, when it is freſh, Boyled in water or in Broth from two drams to four drams.

The Seed of Garden Creſſes Pouder-ed, drank in water from three drams to ſix drams.

Mountain dwarf-Cherry, of *Geſner*, which *Tragus* makes to be Sea-Purſlain ſwallowed down from five to eight Cherries, eſpecially in water or warm Broth drank after them.

The Root of Aſarum draweth all moſt equally, Choller and Flegm; it is infuſed from two drams to five drams; the ſubſtance in Pouder is given from one dram to two drams.

Theſe are ſtrong. The Juyce of the Root of *Mandragora* from half a ſcruple to a whol ſcruple in Honey Wine; and we muſt uſe it warily, for it is not without danger.

Where Flegm predominates, theſe Vomit gently: Agarick unprepared, from two ſcruples to two drams in fat Broth or Oxymel.

The Seed of Baſtard Senna with Bladders, is given in ſubſtance from one dram, to two drams, and is infuſed from two drams to half an ounce; it is corrected with ſpiced Wine.

The Seed of Baſtard Senna with Scor-

pion

pion Cods doth the ſame.

The flowers of Garden Broom, and the green branches ſteeped, or Boyled; from two drams to half an ounce in Broth.

The Seed of Spargula poudered, from two drams to four drams, in ſweet Wine or Broth with Oxymel.

*Theſe do ſtrongly Void Flegm that is predominant.*

The Seeds of Staves-acre, about one dram & an half in Pouder, with plenty of ſweet wine: you muſt drink fat Broth upon it, until you fal to Vomiting, leaſt if it ſtay too long, the Stomach ſhould be inflamed.

The freſh Leaves of any of the Tithymals Boyled, with ſweet Wine, from one dram and an half to four drams.

The Juyce of the Leaves of Tobacco, from one dram to two drams in Broth, that is altered with the Seeds of Citrons or Oranges.

White Vitriol from half a dram to one dram in Broth.

Theſe Void Flegm Violently.

The Seed of the Peaſcod-Tree poudered, from half a dram to one dram;

the rind of the ſame dried, and poudered doth the ſame, but ſomthing more weakly.

Thoſe Medicaments that are compounded of theſe, are almoſt of the ſame Kind, as for Example.

For Choller:

Take Barley Water one pound, Oyl of Olives that were ſufficiently ripe two ounces, Root of Aſarum in pouder one ounce; mingle them for a drink.

For Flegm.

Take Broth that is altered with the Seed of Citrons or Oranges one pound, Oxymel two ounces, Juyce of Radiſh one ounce, crude Agarick two ſcruples; mingle them for a drink.

If you pleaſe to make a ſyrup for a Vomit, it may be as this.

Take the green branches of Garden broom one ounce and an half; bay Leaves & Tobacco Leaves of each one handful, Seeds of Citrons or Oranges Groſely poudred two drams, Common Water two pounds, let them Boyl until half be conſumed; ſtrain them. In the ſtrained Liquor, infuſe for twelve hours, of the Roots of Aſarum and raw Agarick;

Agarick, of each three drams, ſtrain them again, and clarifie it, and add to it of clarified Honey one pound, Boyl all at a gentle fire to the conſiſtence of a Syrup; the Doſe of it, is from half an ounce to one ounce in Broth and warm water.

Of the ſame kind is this Electuary, which is very effectual.

Take the Roots of Aſarum, and crude Agarick of each half an ounce, Roots of Betony and Pompions of each two drams, Cinnamon one dram, Annis Seed half a dram, Pouder them to very fine Pouder, and mix them with Honey clarified four ounces, and make an Electuary, the Doſe of it is from nine drams to almoſt twelve drams, in any Liquor that is pleaſant.

For Melancholy and black Choller that are predominant. None but ſtrong and Violent Medicaments are convenient; becauſe the Humor being of its own nature the moſt heavy, is ſomething more hard to draw upwards than other Humors.

Theſe cauſe Vomit ſtrongly: prepared Antimony, the Flower, the Calx and

the Glaſs of Antimony are eaſily prepared: but the Tincture is ſomthing more difficult, and ſo is the Oyl, which being precipitated into cold water paſſes into white Pouder, not unlike to Flower. All theſe are given in ſubſtance from three grains to ſix grains, in a Panatella, or Ptiſan, or ſome Stomach-Conſerve, or Aromatick Wine, corrected with wormwood, Roſemary, and other a little aſtringent Stomach-remedies, they are ſteeped from four grains to ten grains, chiefly in ſtrong Wine, or wormwood Wine. Of this is made a moſt pleaſing Syrup, Evacuating moſt eaſily both upwards and downwards, beyond all other Antimonial Medicaments. thus;

Take the Flowers or the Glaſs of Antimony, one dram and an half, the beſt white Wine one pound, infuſe it for two days, natural: ſtrain it, and add to it, Honey clariſied ten ounces; Boyl them to a Syrup. The Doſe is half an ounce to one ounce and an half or thereabout, taken by it ſelf, or in ſome pleaſant drink.

Theſe work Violently: the prepar-

ed

ed Root of white Hellebore, or the pith pulled out, and the Root ſteeped in Roſe Vineger one day, and dryed again in the ſhade for uſe: in the place of Roſe Vineger, take Vineger of Quince which is better, or ſome other, that is altered with ſomething that is a little aſtringent, and cooling for the Stomach, it is given from half a ſcruple to one ſcruple; not in ſubſtance, leaſt the Mouth of the Stomach ſhould ſuffer Convulſion, but, in infuſion, which is done two wayes: the firſt is the way of the Antients, who did ſtick the ſmal Roots of Hellebore into a Radiſh for one night, the next day they cruſhed out the Juyce of the Radiſh, and gave one ounce of the Juyce in Ptiſan, or a thin Panatella may be uſed in the place of it, for to moiſten the Mouth of the Stomach, that it fal not into Convulſions.

The ſecond is better and more pleaſant than the firſt. As take half a ſcruple of the Root; ſtick it into a piece of a Quince, and Boyl it in the ſame, then take out the Roots, and give that for a Bolus to eat; or the Juyce preſſed out

of

of the Quince may be put into Wine, or fat Broth, altered with the Seeds of Citrons, and ſo drink it. White Hellebore is made far more gentle, if the Root with the pith pulled out, after due infuſion, be Boyled in Vineger, and be then dried and kept for uſe.

Where watery Humors are predominant; theſe are accounted gentle: the Juyce of the Root of Dwarf Elder from one dram and an half to three drams in fat Broth, altered with tops of Wormwood.

The Juyce of the Root of the Elder-Tree doth the ſame, taken in the ſame Doſe.

The Berries of Water-Elder taken to two drams, drink fat Broth after them, as we taught before.

Strong Vomiting Medicaments, the Leaves of Spurge pulled upwards, are given in the ſame Broth from one dram, to one dram and an half.

Stronger.

Elaterium, by reaſon of the bitterneſs, taken in Pills or Bolus. It is commonly mixed with ſome Aromatical Pills, it may be mixed with the pulp of

of a Fig with a little Wormwood, which is done by expreſſion.

The fruit of wild Cucumber, is given from three grains to ten grains, but that which drops out of the fruit only pricked is given from two grains to ſix.

Medicaments, that Evacuate by Urin, by which not only the ways of the reins and the Bladder, but alſo the whole body is purged, by the help of the Veins and Arteries. They are made of Diuretick Medicaments, whereof ſome are properly ſo, hot and dry, and ſharp and of thin Parts; others improperly ſo, that have but remiſs heat, or enclining alſo to cold, but yet are of thin parts, which are to be uſed cheifly in Feavers, or when the Reins or Liver are over heat; unleſs perhaps there be preſent, ſome corrupt Venemous matter in the veins that requires ſpeedy Evacuations, which is better and ſooner performed with proper and hot Diureticks, the cheif and the moſt Obvious in both kinds are theſe.

Proper * *Diureticks*; Aſparagus, principally the Root, Smallage Seed, or the common Seſely, the Root and the Seed

* *what* Diureticks *are, ſee my Tranſlation of* Riverius *and the Dictionary at the end thereof.*

Seed of Carduus, the Root of Cucumbers and the Seed, common Seed, the Roots of al ſorts of Eringos, the Roots and Seeds of Fennel, the Seeds of both Rochets, the Leaves and berries of the Bay Tree, alſo the Roots and the Rind, wild Mints, Turnep Seed, the Root of Prickly, Reſt-Harrow, Penniroyal, all the parts of common Parſley, the Roots of both kinds of Radiſh, Madder Roots, the yong ſprouts of Kneeholme, the Tendrells, and the Roots, Savory, wild Time; the Seeds are given in Pouder, from half a dram to one dram, (the ſame muſt be underſtood of Medicaments that are Diureticks improperly) ſome are Boyled in Wine or Water, but beſt of all in Broth of Chich Peaſe: yet the pouder of the Roots is given alſo, eſpecially of thoſe that are of a woody ſubſtance, as of Reſt-Harrow, and the Bay Tree. Of theſe, ſome may be Compounded preſently.

This Pouder is moſt effectual.

Take the Roots of Reſt-Harrow two drams, the Seeds of Rochet and Bay Berries of each one dram, Cinnamon half

half a dram, mingle them, make a Pouder: give one dram in Wine or warm Broth of Chich Peaſe.

It is more pleaſant, if it be infuſed all night: then give it one Boyl, and ſtrain it, caſt away the Dregs, and then drink it. It will be made a more effectual remedy yet, if you put in ſome drops of the Liquor which comes from Salt put into a hole in a Radiſh, kept in a moiſt place til it melt.

To Anoint the Privities, ſuch an Oyl is made preſently, which help the Voiding of the Urin.

Take Bay Leaves, Horſ-Mints, wild Time, Pennyroyal of each one handful, Chamomel one handful and an half, Radiſh Roots half an ounce, Cummin Seed two drams, common Oyl one pound and an half, white Wine one pound, make an infuſion for four hours; then Boyl all til the moiſture be conſumed, and then preſs all out, and ſtrain it again.

A Plaiſter alſo may be made of a Radiſh cut, and Boyled with Leaves of Parſley and Smallage and Pennyroyal, then bruiſe them all and lay them

them to the Privities.

Improper Diureticks; Seeds of Gourds, Cucumbers, Citruls, and Melones (make Emulſions of them,) of Mallows, Gromwel Seed, *Alkekengi*, Kernels of Cherries, Stones of Medlers, Shels of Filbird Nuts, the Juyce of ripe Lemmons, the Leaves and ſtalks of Straw-Berries, Maiden Hair, the Roots of both kinds of Brambles, of Graſs, eſpecially Reed Graſs, of Liquoris, Cinkfoyl, and Radiſh the Rind peeled off, alſo the Broth of red Chich Peaſe is profitably adminiſtred, with a fourth part of Juyce of Lemmons, this drink is held for a ſecret.

Take the Juyce of Pellitory of the Wall three ounces, the Broth of Chich Peaſe four ounces; mingle them for to drink.

This alſo is ſuppoſed to be of the ſame kind.

Take Liquoris half an ounce, common Water half a pound; Boyl them at a gentle fire til half be conſumed; ſtrain it and add to it Juyce of Lemmons one ounce; mingle them.

Alſo for a ſpeedy remedy may be given

given with great profit, two ounces of the Juyce of Radiſh in ſtrong Wine that is hot.

Outwardly may be laid a common and excellent Plaiſter of the Leaves of Pellitory either alone, or pounded with a Radiſh, and ſo fried in a frying Pan with Butter and Oyl, and laid hot to the Privities, if you can get Oyl of Dill or Camomel it is better than common Oyl.

### *Medicaments that Evacuate by ſweat.*

Theſe alſo are of two ſorts: ſome are properly to cauſe ſweat, which Melt the matter and turn it into Vapours; others are improperly ſo, which make the matter eaſily convertible, and ſo by accident cauſe ſweat, and theſe are very convenient for the ſmal Pox at the beginning, and for hot affects of the Skin, and hot Feavers when the motion of Nature is outwardly inclined toward the Skin.

Proper for ſweat, are the Decoction of

of Garlick, of Box Wood (with which the French Pox is as eaſily cured as with Guaiacum,) of Germander, great Celondine, Carduus Benedictus, Juniper Wood, and Bays, and of ſweet Chervil: they are given from four ounces to eight ounces or thereabouts, and they are made more effectual being Boyled in Water and Honey and white Wine.

The ſame Decoction purified and thickned with a gentle heat afford plain extracts; that may be given to one dram or thereabout, or elſ mingled with good Wine, or the Decoction of ſome improper ſweating Medicaments, or made into Bolus, or Pills, and to drink after them three ounces or thereabouts, of the Decoction. For example.

In the Diſeaſes of the nerves and Joynts from a cold Defluxion; make ſuch a Decoction.

Take Wood of the Bay-Tree, and Box Tree of each one ounce and an half, cut them ſmal and infuſe them one day in five pound of common water, add Leaves of Betony, Germander and Ivy of each one handful; let

let them Boyl at a gentle fire til a third part be conſumed; ſtrain it to be drank at five Times.

Improper Medicaments to move ſweat. The Decoction of Camomel, Chervil, Fumitory, unhulled Barley, Millet, Lintils lightly Boyled, Roots of Hops, Cynkfoil, Tormentil, Leaves of common Pimpernel, Scabious, and Winter Gelliflowers.

Of theſe is made a common Syrup, called the Syrup of St. Ambroſe, of one part Wine, and two parts of the Decoction of Millet.

Other Medicaments may be ſuddenly made, as for example; in a Cutaneous effect, make ſuch a Decoction.

Take the Leaves of Scabious and Fumitory dry, of each one handful, Roots of Hops half an ounce, Barley Water one pound and an half, Boyl all at a gentle fire to the Conſumption of almoſt the half, and ſtrain it out for one draught.

When the ſmal Pox appear:

Take Leaves of Pimpernel one handful, Scabious half a handful, of the firſt Decoction of Lintels one pound, Boyl,

them til a third part be conſumed, ſtrain it out, to drink at one draught.

The Decoctions of theſe are given in greater quantity, than are the Decoctions of thoſe that are properly to cauſe ſweat. Namely from about eight ounces to two pound.

And you muſt know that ſweat can hardly be procured by the help of theſe Medicaments unleſs the force of them be derived outwardly to the Skin by attracting Medicaments; by the benefit whereof, the pores of the Skin alſo are looſned and prepared for ſweat: therefore about an hour and an half after the taking of a potion to ſweat, the Body muſt either be put into a dry Bath, or ſome hot natural or artificial Bath; or elſ muſt be wel covered with Garments; or elſ hot Tiles muſt be applyed to him, or veſſels ful of hot Water; or the Skin muſt be gently rubbed, or Cupping Glaſſes without Scarification muſt be applied on divers Parts, as neceſſity ſhall moſt require.

*Medicaments that Evacuate by Spittle.*

Thoſe things that unlooſe the ſtuffing from the ways of breathing, are called, from their office, *Expectorating Medicaments*, all which may be comprehended under a tripple difference, for ſome are convenient for thick ſpittle, namely inciſers and ſcowrers; others are for thin and unſavory ſpittle, as dryers, and a little thickning; others again are to temper Salt ſpittle, and to hinder the corroding of it.

Therefore when the ſpittle is Moderately thick, a *Lohock is needful of water and Honey, or Oxymel, crude Honey, a Decoction of Figs, Liquoris, ſweet Cods, Raiſins; adding a quantity of Colts-Foot, Lungwort or Scabious; for the Pouders of theſe Herbs may be mixed with the Oxymel, to the conſiſtence of a Lohoch, or a Soft Electuary, in which form the pouder of Iris, is uſed to good profit, mixt with Oxymel.

* *What a* Lohoch *is, ſee the end of* Riverius *Practice of Phyſick in Engliſh. And the* Diſpenſatory *in Engliſh.*

For Spittle that is very thick, theſe are proper: the Decoction of Oak of Jeruſalem, Elecampane, Hatchet-Fetch Hyſop, Horehound, Savory, Time, long Ariſtolochia, the Pouders of theſe are mixed profitably with Oxymel for a Lohoch, or they are mingled with Honey in form of an Electuary. Or;

There is Compounded a ſweet drink with Oxymel, and the Decoction of the ſaid Herbs, as alſo by the infuſion of them, Hyſop Wine is wont to be made, and Wine of Elecampane; which the Antients uſed Ordinarily.

The common people uſe to make a profitable Electuary of the Roots of Elecampane Boyled in Water, (it were better to take Metheglin or ſweet Wine) and paſſed through a Hair ſieve, and then mingled with twice as much of clarified Honey, and Sod to a juſt conſiſtence.

Beſides theſe, the Pouder of Brimſtone doth profit well, or the Flower mixt and taken with a rear Egg. The Seed of Nettles mixed in Lohochs, or Aqua-vitæ with a third part of Sugar, made into a confection, or mixt with Oxymel.

Oxymel. So the Pouder of the Lungs of a Fox taken from half a dram to one dram in Wine or Metheglin, to be drunk, or mixed for a Lohoch.

Saffron drank in Wine from half a ſcruple to a whole ſcruple.

Sows Lice waſhed in Wine, and infuſed to one dram al night in white Wine; then preſſed forth and drank, the dregs being caſt away.

The Rozin of the Larch or Firr Tree, licked or ſwallowed down in Bolus: for a licking Medicament it muſt be diſſolved in clarified Honey, for it will mingle very well with Honey.

A moſt excellent Balſom may be made for this purpoſe.

Take Oyl of ripe Olives (for the rich take Oyl of ſweet Almonds) that is not rank, half a pound, ſweet white Wine four ounces, let them Boyl til the moiſture be conſumed: then add Flower of Brimſtone three ounces, ſtirr them continually and very Softly at a gentle fire; and when the Flowers are diſſolved: add Rozin of the Larch Tree or the Firr Tree, or if it can be

had, the Gum of the Firr Tree two ounces and an half, mingle them to perfection. It may be put into Lohochs, or taken inwardly with the foreſaid Decoctions or with white Wine.

But that the ſpittle may come forth the more eaſily, leaſt the Humor that is thick, ſhould grow dry with the uſe of theſe things, it is beſt alwaies to add ſome Emollients and looſners, ſuch as are for Lambitives and internall uſes, the Root of Liquoris, the pulp of Rayſons, Roots of Mallows and Marſh Mallows.

It is good to Anoint the Stomach outwardly with Butter, chiefly that which is rank; either alone or mingled with the Mucilage of Mallows and Marſh Mallows.

An Application of a Colewort Leaf well anoynted with Butter, and ſprinkled with Pouder of Cummin Seed, and ſo laid hot to the breſt is much ſpoken of.

When the ſpittle is thin and unſavory: the Decoction of round Ariſtolochia, Iuiubes, wild Plumbs, Golden Rod,

Rod, Penniwort, Veronica, the Juyce of ſomewhat ſowre Pomegranats, either by it ſelf, or with a little Honey.

All ſorts of licking Medicaments made of white ſtarch, Gum Arabick, Tragant, all Phyſical earth, with Honey or Oxymel, mixing a quantity of Brimſtone or Mirrh, or round Ariſtolochia, or the Cream of Ptiſan with ſome white Starch.

For Salt ſpittle, the Decoction of Barley, Iuiubes, Liquoris, Rayſons ſweet Prunes, are convenient, and chiefly in the Decoction of the Feet and Head of a Calf, Kid or Lamb, alſo of Snails, and Snails of the woods.

Emulſons of ſweet Almonds, and of the four leſſer cold Seeds chiefly adding the Flower of ſtarch: the Cream of Ptiſan, or a Panatella with the ſame Emulſions, adding alſo the Emulſion of white Poppy Seed, when the Saltnes is urgent: the Juyce of ſweet Prunes licked up.

Freſh Butter licked, as alſo added to the Meat we eat, and Anointed on the Stomach outwardly.

If you pleaſe to make a Syrup for this uſe.

Take the Juyce of ſweet Prunes, the Juyce or Decoction of Purſlain, of each half a pound: Clariſie them, and add to them ten ounces of puriſied Honey: Let them boyl to the conſiſtence of a Syrup. The uſe of it, is for a Lohoch, and for Syrups.

*Medecines that evacuate by the Pallat.*

* *Any that deſire to know exactly the Diſeaſes of the Head, and the cures thereof, let them read* Riverius *Practice of Phyſick, by me tranſlated into Engliſh.*

The *Head is purged three waies: By the Mouth, by the means of the Channels of the Pallat, namely, by Maſticatories, Gargariſms, and Anointings of the Pallate.

For a Maſticatory in a hot cauſe, a Paper is good, eſpecially a brown Paper, Figs, bitter Almonds, or Peach Kernels, Raiſons, a whol piece of a Pome-Citron, the peel of an Orange.

In a cold Cauſe, are good, the Roots of Cyprus, Acorus, both Angelica's, Garden Setwal, Maſter-wort, Seeds of Fennel, Annis, Seſeli, *Siler montanum*, Grains of Juniper, Bay-berries, and the tender Leaves.

Theſe

Theſe are more violent, and are fit for extream coldneſs; the Leaves of Sciatica Creſſes, Water Pepper of Horſ-Rhadiſh, Garden Creſſes, Savory, Mountain Hyſop, wild Penyroyal, wild Rue, Root of Pellitory, Country Muſtard ſeed, Muſtard ſeed, Staves-acre; which, that they may the more eaſily be chewed by the Teeth, they muſt be mingled with a little yellow Wax, and ſo made into little Bals or Morſels.

For a * Gargariſm, which is proper only in a cold cauſe, are convenient, the Decoctions of Calaminth, Germander, Hyſop, Bay Leaves, Lavender the greater, Penyroyal, wild Time, Italian Spike, which are partly gargariſed, and ſomtimes held hot in the mouth.

The moſt violent Gargariſms are made of the Decoction of Herbs, that were ſet down for the ſtrongeſt Maſticatories, and chiefly, if we put ſome *Aqua vitæ* in, or ſome of the Confection *Diaſinapi*, which the Italians cal *Moſtarda.*

For to anoint the Pallate, which Remedies have place alſo alone, in a cold Cauſe; the ſaid Decoctions are uſeful, with

* *Thoſe that deſire to know more fully what they are, and their uſe, let them read* Riverius *Practice of Phyſick, and the Phyſical Dictionary at the end thereof.*

with honey thickened to the conſiſtence of a Syrup.

Moreover, *Aqua vitæ*, or common *Moſtards*, or ſome ſoft Electuary made of the foreſaid things.

As for Example,

Take *Bay-berries, and Juniper, of each two ounces: Muſtard ſeed, and Leaves of Savory, of each one handful: Seeds of Annis, and Fennel, of each one dram: Roots of Acorus, and Maſter-wort, of each two drams, pounded and ſiefted: Mingle all with two pound of clarified Honey. Make an Electuary.*

## *Medicaments that evacuate by the Noſtrils.*

Of things that purge the Head by the Noſtrils, ſome of them by their acrimony cauſe one to ſneeze; and theſe are very fit for a very thick Humor that is pact cloſe in, and where the Expulſive Faculty is dull. Some again provoke the Humor without ſneezing; amongſt which, ſome may be ſafely uſed, even when the Head enclineth to heat; others belong only to a cold humor, and head. The

The Pouders of all the propounded Remedies for ſtrong Maſticatories, if they be blown in, or ſnuffed up into the Noſtrils, they cauſe one to ſneeze.

The Decoction of Gith, or black Hellebore, the Juyce alſo of the Root of Sowbread, Briony, and Elaterium, diſſolved in other liquid Naſals. The ſame is performed, but ſomthing more gently, by the Root of Sowbread cut like a Tent, and put into the Noſtrils; and the Shel of an Orange candied.

Alſo without ſneezing, the head that is over hot, may be evacuated with the Decoction, or Juyce of Mallows, or Blites, eſpecially the white Blites; Leaves of Betony, or Coleworts, and Barley, Roots of Beets put into the Noſtrils, eſpecially if it be wet in warm Water; alſo anointing the Noſtrils with freſh Butter.

In a cold Cauſe, Decoctions are good, or the Juyce of Pimpernel, Bettony, Roots of white Beets, the great Celondine, Ivy of the wal, Garden Hyſop, Root of Flower-de-luce that is green, Marjoram, Sage, Tobacco.

The Indians alſo uſe to make Tents of

of a round fashion, of the Roots of Sowbread, or Flower-de-luce, and to anoint them with Butter or Oyl, and put them up into their Nostrils, or else to steep them in water, when they will not use them for sneezing.

Moreover, The Fume of the said Herbs, when they are dry, is very convenient, especially of Marjoram, Hysop, Time, taken through a Cane; by which they take the fume of Tobacco. Errhines also may be made of them. As for Example.

In a cold cause,

Take *the Juyce of the Root of Flower-deluce made thick, the Juyce of the Flowers of Ivy made thick, of each two drams: the Pouder of Marjoram, or Time, one dram: Fresh Butter half an ounce: mingle them for a Liniment, and anoint a Tent of Cotton to put into the Nostrils.* Or,

Take *the Juyce of Blites clarified by filtring very well, four ounces: Agarick grossly poudered one ounce: make infusion for one night; strain them the next day, and draw it up warm into the Nostrils, and it will wonderfully purge the Head without any great Commotion.*

Medi-

## *Medicaments that Evacuate Insensibly.*

The matter these are made of is of a large extent. For all hot things by rarefying and turning the Humors into ayr, do evacuate insensibly, so do all dry things by restraining moisture, and all astringent things by pressing them forth, may be reckoned in the number of these: but things that digest are properly so called, which do by degrees turn the Humors into vapours: and those that discuss and do it by heaps, that dissipate also gross Humors: and blistering Medicaments that do both vehemently, and by violent heat remove the matter that lieth deep, that is not sufficiently attenuated, and draw it to the Skin.

### *Digesters.*

Amongst these the most obuious are: wormwood, Dill, al kinds of *S*mallage, Chamomel, stinking Chamomel, Fœnugreek,

nugreek, Roots of Reeds, white Lillies, Lin-Seed, Honey, Melilot, Rosemary, Mallows, chiefly ſtrong Wine; theſe may be given in Decoction, Syrups or Electuaries.

Of the ſame may be made Oyls, by deſcent, and Fomentations for uſe outwardly; to which theſe that follow may be added, that are not to be given inwardly, as the Roots of Sow-Bread, wild Cucumber, Daffodils, the Leaves of Dwarf-Elder, Elder-Tree, Allum, Nitre, Vitriol, common Salt.

Alſo outwardly may be uſed alone to anoint with rank Butter, chiefly that which is Salt, and Oyl with Salt.

For Fomentations: the water of quick Lime, the water of hot Baths, ſweet water that is very hot, ſtrong Ly, hot Lees of Wine, the mud of hot Baths, or the holes in the Baths, hot Sand, hot Aſhes with or without Bran, and Salt made up in a Bag.

For Plaiſters: Snails bruiſed with their Shells.

Old Cheeſe, with the Decoction of Salt fleſh, eſpecially Hogs fleſh, and beaten together for a Plaiſter.

Bean

Bean Meal made up with Wine or the former Decoctions, adding if you pleaſe Oyl, Oxymel or Honey.

Privatly to conſume the Milk ſuddenly, and without danger, that it may not clotter in the breaſts: women hold theſe for ſecrets, which either will not or cannot give ſuck: the green Leaves of wall-Nut Trees carryed in their boſome.

A Liniment made of an equal portion of Honey and Rozin, laid on conſtantly with a Linnen Cloath.

A Cataplaſm of Bean Meal and Oxymel, or the Decoction of Parſley, or Mallows Boyled with Vineger.

A Fomentation of equal parts of Parſley and Vineger, adding a little Saffron to it.

## *Diſcuſſives.*

Amongſt theſe the eaſieſt to provide are: the Seeds and Flowers of Agnus Caſtus (by the ſteeping whereof is made an Oyl that is very Proper againſt the

the Cholick) Garlick, the Root of Both Angelicas and the Seed, Annis Seed, Seeds of Oranges and Citrons, and the Pills of them, alſo Calamint, eſpecially of the Mountains, Seeds of Cummin, Caraway, Daucus, Fennel, Hyſop, Maiſterwort Root, the Berries and wood of Juniper, Lavender, the Leaves and Berries of Bays, that are good for the Cholick and Pains of the Matrix, Lupins, Marjoram, dry Mints, Bazil, Origanum, Poley, Pennyroyall, Rue, Savory, wild Time, Italian Spike, Time, all which are given alone or mingled in forme of a Decoction, Syrup, Electuary, or the Pouder of them to one dram, may be drank in Wine, or ſtrewed upon Meat.

Hitherto appertain Aqua-vitæ, and Old Wine which the Antients were wont to give with Pepper groſely beaten.

You may prepare, at a Cheap Rate, a moſt effectual Tincture, whereof one or two drops drank in Broth or Wine doth powerfuly, diſcuſs winds, and put into a hollow Tooth that Akes from a cold cauſe, or but layd to it, preſently takes

takes away the pain.

And this is it:

Take Black Pepper beaten groſely two ounces, the beſt Aqua vitæ eight ounces; put all into a Viol of a ſtreight Neck, and keep it wel ſtopt eight days in a hot place, and you ſhall have a deep Red Tincture, to be kept in a Glaſs that is ſtopt faſt.

If you will make an Hippocras Wine, you may do it thus.

Take Seeds of Annis and Fennel of each two drams, Roots of Angelica, Acorus, Maſter-wort of each half an ounce, Leaves of mountains Calamint, Lavender, Marjoram, and dry Mints of each one handful, Bay-Berries one ounce; Bruiſe them all groſely and put them into a Cullender, and ſtrain through it the beſt white Wine, doing it ſo often, until the matter ſeem to have loſt its ſent and Acrimony; drink one or two ounces of this Wine by it ſelf, or with ſome other Liquor.

Fomentations may be made outwardly of the Decoctions of the ſaid Herbs; but moſt effectual are the fumes of them, that riſe by quenching a Fire-

ſtone, or a Mil-ſtone in the ſaid Decoctions. But the Decoctions are made more ſtrong in the beſt Wine, or ſtrong Ly, and natural brimſtone waters.

Alſo a bag of Millet torrefied, is very good, with the Flowers of Chamomel, and Cummin Seed, or the Leaves of Rue; by which the pains after Childbirth are mightily aſſwaged.

Some extol the pulp of Coloquintida, with a third part of wormwood put into a bag.

This is held for a ſecret, to dry up the water that puffs up the Belly: A Plaiſter made of equal Parts of the Leaves of Rue and wormwood bruiſed, and made with Honey, to a Cataplaſm.

Alſo a fomentation of quick-Lime quenched in brimſtone water of the Barhs, is excellent.

For anoyntings: Remedies may be preſently made, ſuch as are the Oyls made by deſcent from the ſaid Herbs. For example.

Take *Bay-berries, one ounce: Leaves of Rue, one handful: Common Oyl, half a pound: the ſtrongeſt Wine, three ounces.* The Ber-

ries

ries being groſely beaten, and the Leaves chopt, make infuſion for three hours; Boyl them til the moiſture be conſumed, then ſtrain them.

To al theſe, add a large Cupping Glaſs, with a great Flame, and ſet it on the part that is puffed up; to which, for the diſcuſſing of wind, *Galen* aſcribes a power, as it were an Inchantment.

Somtimes alſo without: diſcuſſing winds are drawn out of the Body by ſome Inſtruments that Chirurgious uſe, that work ſuddenly. So the winds are drawn forth that extend the great Inteſtines, thruſting in (after a Clyſter given to void the Excrements) a dry Syring, and drawing it downwards.

*Hippocrates* uſed Smiths Bellows.

By the ſame way the winds that fil the Matrix, by help of a Syring, with a long thin Neck, may be drawn out.

## *Rubificatives.*

They are called Rubificatives, becauſe they make the Skin extream Red.

When we have made uſe of digeſters and diſcuſſers, and cannot prevail, then we muſt uſe Rubificatives, as in an Old Hip-Gout, and as it often comes to paſs in a ſtubborn, heavy Head-ach: Theſe are laid to the Skin, Bruiſed, and made like a Cataplaſm, either alone, or with hot Vineger; and the moſt uſual are theſe that follow: Garlick, wake-Robin, Blew-flower, Flea-bean, water Pepper, Sciatica Creſſes, Horſ-Radiſh, wild Pennyroyal, Muſtard, Staves-acre, common Crowfoot. Alſo a Plaiſter may be made by it ſelf of Pigeons, or Gooſs dung, or of dry Pitch melted with a fourth part of ſome hot Oyl, as of Rue, or Bays, and laid often on the part, and then pulled off again, until the part firſt Waxeth red, then ſwels a little, & then ſinks down again: for if it be let alone no longer than whilſt the part groweth red; it is rather to be called a heating remedy, and ſuch as helps the member to nouriſhment, than that which Evacuats inſenſibly. Wherefore on a cold, and dry Stomach, & Limbs that are waſted with the Palſey, it is of excellent uſe, after due

Evacuations

Evacuations of the Body.

Thus much for Medicaments that reſpect the matter peccant in quantity.

## *Medicines that augment neceſſary Matter, where it is deficient.*

Somtimes good Humors are wanting, and ſome things that proceed from them; al which are augmented of themſelves, by the help of Nature changing good Nutriment; but they are produced by accident, with the help of ſuch Remedies as remove the things that hinder Nutriment. Therefore al theſe Remedies that ſtrengthen heat, and that allay the diſtemper of the humors, and of the inward parts by heating them, encreaſe blood; the Catalogue of theſe muſt be ſought for amongſt things that alter: and for this reaſon, thoſe things that ingender Milk and Seed, the firſt whereof is neceſſary for the Nutriment of the Infant that is born, the latter for Procreation, do properly belong to Nutriment, becauſe

both of them proceed from blood; yet improperly thoſe Medicaments may be ſaid to ingender milk and ſeed, by the help whereof, the blood is more eaſily and plentifully altered into the Nature of them both.

### *Medicaments that encreaſe Milk.*

Thoſe Medicaments are ſaid alſo to encreaſe milk, that correct the impure blood, make it run, and ſpread, drive it to the breaſts, and draw it thither.

Thoſe correct it, that purge naughty humors which pollute the blood, and others that allay the exceſſive qualities of the blood.

Such are, in a hot diſtemper, Barley Water, and Broths altered with mallows, green Knotgraſs, and Sow-thiſtles.

The milky juyce of Sow-thiſtles, and Dandelyon, mixt with Broth, and taken from two, to three ſpoonfuls, is much approved.

Alſo the Pouder of Natural Cryſtal, is given

given with great profit, and is held for a Secret, taken in any of the ſaid Decoctions, from half a dram to a dram.

In a cold diſtemper, a Decoction is good, eſpecially of the tops of dry Dill in Broth, and of new Annis Seeds, or Garden Creſſes, of Fennel, of freſh Poley, or Leeks boyled in Water.

Broths altered with Dill, do ſpread, and by a certain propriety drive it to the Breaſts: So do Smallage, green Parſley, white Chiches, and all kinds of milk Trefoyl, common milk-wort, and Perewinkle, uſed the ſame way.

Blood is drawn to the Paps by frequent ſucking, gentle rubbing, and looſening Fomentations: the beſt are made of hot white Wine. Alſo of the Decoction of Chamomel, and Dill, that are green; as alſo of mallows, Lin-ſeed, Roots of marſh-mallows, if they be boyled in Wine or Water.

If theſe profit not, Rubificatives muſt be applied until the Breaſts wax red.

For this purpoſe amongſt the Cretians, they were wont to ſtrike and rub the Breaſts with the Leaves of green Net-

tles; by the frequent uſe whereof, the Dugs were ſaid to grow ſo great, that they would yield milk enough.

Amongſt the cheapeſt Remedies, theſe are thought to engender much milk: Hens Eggs, white Wine, Rice boyled in milk, Grewel made with fine Wheat Flower and milk, or Pottage; alſo Pottage made with fine Wheat flower and white Wine, adding thereto, yolks of Eggs, and Butter: But the meat is made more pleaſant, if you put Sugar in the place of the Flower.

### *Things that encreaſe Sperm, or Seed.*

Thoſe Nutriments chiefly ſerve to augment Sperm, which by a Phyſical force, move hot and thin Vapors, fit to cauſe erection of the Yard.

The cheap things are theſe: Fleſh of Ducks and Geeſe, cooked eſpecially with Garlick; the Brains of Calves and Pigs ſeaſoned with Pepper and Salt, Beef Broth boyled with green Mints or Rochet, the Juyce preſſed out of the Lungs

Lungs of a Ram roſted, Swans Eggs fried with Butter, all kind of ſhell Fiſh ſeaſoned with Pepper, the Polypus, the Cuttle, and Crab ſeaſoned the ſame way, Muſhroms alſo ſeaſoned with Salt and Pepper.

Amongſt Pulſe, are the white Chich Peaſe, Beans, and Kidney Beans.

Of Fruit, are Hazel Nuts, Cheſt-nuts, mad Apples ſeaſoned with Oyl, Salt, and Pepper, ſweet Apples and Grapes hanged up for to be eaten.

Of Herbs, is Garlick, yet yong and freſh, Artichoaks, Aſparagus.

Yong Onions, eſpecially *Scabious*, Rochet, Clary, Turneps, Rape-roots, Parſnips, and Alizander Roots, with Pepper and Salt.

Theſe are thought to be more effectual; the thickeſt Root of all the Satyriums, the Pizzle of a Bull, or Hart, Boars ſtones, and of Foxes, and a Boar Pig that hath engendred, waſhed in white Wine, and dried in an Oven. The Pouder of theſe may be drank mixed together, or elſe a part in white Wine to one dram.

This Pouder moſt eaſie to be provided,

ded, is moſt effectual:

Take *the Pizzle of a Bull, and Borax of the Apothecaries, of each three drams: the moſt ſubſtantial Root of Satyrion, two drams: Ginger, and Cinnamon, of each one ſcruple: Saffron half a ſcruple:* Mingle them, and make a very fine Pouder; give of it in the morning, and after Supper one dram, in a little of the beſt Wine.

### *Medicaments that alter the Cauſe of the Diſeaſe.*

The Cauſe of a Diſeaſe is peccant divers waies; namely, by an open, and a ſecret quality. This requires Preſervatives againſt Poyſon, that is either original, which is corrected by Medicaments that are cold, hot, moiſt, dry, or derived from the original, as thick, thin, tough, hard: Hardneſs comes from drineſs and congelation; ſo doth acrimony. To theſe are oppoſed ſuch things as make thin, ſuch as thicken ſuch things that cut, ſcour, ſoften, diſſolve clotted matter, and ſuch as metigate: which things correct the firſt qualities,

qualities, and thickners, thinners, and toughneſs that proceed from them. They are wont to be called Concocting and Preparative Remedies, becauſe by the allaying of the qualities that exceed, the humors are the more eaſily conquered by the Natural heat; and if there be any of them wholly unfit to be concocted, they are thus made fit to be driven out with more eaſe. Other Remedies that take away the ſharpneſs and hardneſs, do not only ſerve to prepare the humors, but to mollifie the parts that are exaſperated and hardened. Alſo thoſe that ſcour away toughneſs, do very much ſerve for other uſes, as for al foulneſs of the Skin, and for filthy Sores, and therefore they are to be numbered apart, after thoſe things that prepare the humors.

*Medicaments that prepare Choller.*

If Choller be thin and hot, Barley is good, Lettice, Purſlain, Water-Lillies, blew Violets; the Decoctions of theſe, from

from eight ounces, to one pound, or thereabouts.

The more effectual are, the Juyce of Barberries, four Pomegranates, Baſtard Corinths, and the Juyce of unripe Grapes wel purified, which may be added to the ſaid Decoctions, from one to two ounces.

The laſt Remedy, is clarified Whey, with the Emulſion, of one dram, or thereabouts, of white Poppy Seed, or Garden Nightſhade, and great Houſleek added to the Decoctions.

In this caſe, we muſt forbear to give ſweet Syrups.

If Choller be thick, either by aduſtion, or by the mixture of other Humors, cold attenuative Medicines are good, or ſuch as are temperate, as Sorrel, Juyce of Lemmons, Citrons, Oranges, that are ripe, Gum, Cichory, green Maiden-hair, Endive, Strawberries, Liverwort, Hawkweed, all the Sorrels, wild Endive, Sow-thiſtle, Dandelyon, four Trefoils, Seeds of Melones, Citruls, Gourds, and Cucumers; of which, Emulſions are made.

Of the ſaid herbs, are made Decoctions

ons with fleſh Broth, or Water, to which may be added about two ounces of the Emulſions of the ſaid Seeds, or of the Juyce of Citrons, Lemmons or Oranges.

Alſo the Juyce of Herbs clarified may be given, from one ounce to three ounces, in Broth, eſpecially in the winter Time, when freſh Herbs cannot be had.

Of theſe clarified Juyces, Syrups may be preſenty provided, if an equal quantity of clarified Honey be added to them, and ſo Boyled to the conſiſtence of a Syrup, it is mingled with the Decoctions from one ounce to two ounces.

Oxymel ſimple may ſupply the want of all theſe, about one ounce being put into the Decoctions, and Syrups of them al are very uſeful for this Humor, if there be no aduſtion, for which, the beſt thing is Clarified Whey to about two pound with the Emulſion of the foreſaid Seeds.

*Preparatives for Flegm.*

All theſe heat and attenuate, and if the Flegm be very clammy and thick, they cut alſo and ſcour away: the ſame belong to Salt flegm, it they be tempered with thoſe thing we mentioned to prepare Choller.

Therefore if flegm exceed not in thickneſs and toughneſs, theſe are convenient.

For the Head, betony, Germander, Goats Rue, Marioram, Roſemary, Sage, Arabian Stœchas, the Root of wild ſetwall.

For the Eys, Celondine, Eyebright, Fennel, Vervain.

For the nerves and Joynts, ground Pine, Juniper Berries, Hog Fennel, Primroſes;

For the Breaſt, Figs, Liquoris, lungwort, Coltſ-foot, Scabious.

For the Heart, Root of Angelica, holy Thiſtle, Caltrops, Herb Bennet, Ground-Ivy, Lavender, Pimpernel, Scordium,

Scordium, the Root of Swallow wort.

For the Stomach: Wormwood of all kinds, cheifly the common wormwood, pills of Oranges and Citrons, Seeds or Mints.

For the Liver, wormwood, Agrimony.

For the Spleen, Ceterach, Epithime, Fumitory, the rind and Root of Capparis, and Tamariſk.

For the Matrix, Mug-wort, Maiden-Hair, Calamint, Feaverfew, Pennyroyall, Savin.

For the Reins and Bladder: Smallage, Sparagus, Fennel, Parſley, Knee-holm.

For the whole Body, Cinquefoil, Tormentil, Oxymel, rich Metheglin.

Of theſe; Syrups may be made, or Decoctions in the Broth of a Pullet or ſweet Wine, to which it were good to add Oxymel from one ounce to two ounces.

Decoctions are unprofitable for the Stomach and Inteſtines, becauſe they paſs ſo ſoon from the affected part.

Therefore Oxymel only is good, to two ounces; or a Syrup made of the foreſaid Herbs. To which may be added

ded to diſcuſs winds, an Emulſion of the Seeds of Citrons, or Oranges, to two ounces, or thereabouts, in freſh Broth. Or after the Cuſtom of the Antients, Oxymel may be given, wherein the tops of Wormwood have been ſoaked all night.

If Flegm be too thick and clammy, we muſt never leave out Oxymel, which muſt be added to Decoctions convenient, wherein muſt be boyled ſome of theſe cutting Herbs, and ſcouring, namely, Hyſop, Horehound, Poley, Savory, wild Time, Time, Goats Marjoram.

If you would make an Oxymel ſuddenly, which may be like Oxymel of Squils for its cutting and ſcouring Faculties, it may be ſuch a one to free the Obſtructions of the Bowels.

Take *Leaves of Bettony, Agrimony, Wormwood, Fumitory, Cink foyl, of each one handfull: Hyſop, Horehound, and Time, of each one handful and an half: Roots of Sparagus, Fennel, Parſley, of each one ounce: Fountain Water four pound: Honey two pound.* Let them boyl at a very ſoft fire til the Honey be clarified perfectly; then ſtrain them,

them, and add of the best Vineger one pound, Annis Seeds two drams; Cinnamon and Ginger, of each one dram. Boyl al at a gentle fire to a Syrup; then strain al again through a wide Cloth.

### *Preparatives for Melancholly.*

If Melancholly be not aduſt; Borrage, Bugloſs, Dodder, ſtone fern, Maiden-hair, Liquoris, Hops, Balm, Fumitory, Harts-tongue, ſweet Prunes, are convenient; and to their Decoctions, Oxymel is profitably added, by reaſon of the Vineger that cuts the thickneſs of the Humors.

If the Humor be aduſt, things that prepare thick Choller are to be uſed, and moreover the Juyce of ſweet Apples, which hath a peculiar prerogative here. Alſo it may be mixed from one, to two ounces, with the Decoctions of the ſaid Herbs.

Alſo a Syrup may be made of it, taking one part of clarified Honey, and two parts of Juyce of good Apples clarified,

ſied, and ſo boyl them to the conſiſtence of a Liquid Syrup, to the conſumption of one third part.

*Medicaments that allay Acrimony.*

Thoſe things allay Acrimony, which either temper it, with a pleaſant moiſture, and water the matter; or elſe do anoint it with an Oyly, clammy ſubſtance, whereof there is excellent uſe in cutting the pains of the heart, and bloody-flux.

Theſe water and temper it: Fountain Water, or River Water, ſweet Almonds, Emulſions of the four great cold Seeds husked, Barley Water, and the Cream of Ptiſan made thereof, Jujubes, Lettice, all Milk, eſpecially of Heifers, and Cows, Whey, Liquoris, ſweet Prunes, and Apples, Water Lillies, Purſlain, Sow-thiſtles, the Fruit of Winter Cherries, Nightſhade, both Houſleeks, Venus Navil.

Of the Herbs; Decoctions, or Syrups, are made which are made more ſweet, and

and fit to temper the Humor, if you take Wine in place of Honey, and boyl it with an equal part of the Juyce of the Herbs, to a due conſiſtence.

Of theſe alſo are compounded, Medicaments that are proper for ſome parts.

For pain of the Eyes, from ſharp Defluxions, a Cataplaſm of a ſweet Apple boyled in Milk, is good, and laid warm to the Eye.

For the heat of Urine, the Decoction of Liquoris is ſingular, either alone, or with the Fruit of Winter Cherries, taken dayly, ſix ounces in the firſt repaſt, when the Stomach is empty.

For the Gripings of the Guts, the Decoction of great Houſleek in Rain Water, or two ounces of the Juyce of it in the Broth of a Chicken.

To theſe, add Lead only for outward uſes to anoint with, Oyls being beaten in a Mortar of Lead till they become thick.

The white and water alſo of an Egg, are very unctious: ſo is white Starch in meats, new Butter, the fat Broth of the Entrals and the head of a Kid, Calf,

alſo of the feet of Hogs and Calves; old Oyl, chiefly boyled with Fountain Water till the moiſture be conſumed. Amongſt *Herbs*, are Mallows, Marſh-mallows, Roots of Borrage, and great Conſound; for the Decoctions of theſe herbs are mucilagenous.

It is held for a Secret for the heat of the Urine, to drink the white of an Eg with the like quantity of Juyce of Lemmons.

For the bloody flux, the Decoction of Marſh-mallows altogether.

Hitherto appertains the feet of Partridg broyled; the Pouder whereof given to one dram, in Water of Coriander, if a feaver be preſent, or if there be no feaver, in black Wine, will cure an old Dyſentery in three daies.

For painful Ulcers, and Clouds that are joyned with *Ophthalmia*, or redneſs of the Eyes; the Balſom of Sugar diſſolved in the white of an Eg that is hard boyled, and it is made excellent after this faſhion. Put poudered Sugar into a glaſs that is firſt wel waſhed with ſtrong Vineger: then boyl it upon the Embers to a perfect redneſs: after that diſſolve it

it by *Deliquium* in an Egg boyled hard, and the yolk taken out.

For outward Remedies; are profitably added, Goats and Deers Suet, freſh Hogs Greaſe, Kids fat, (whereof with Apples, is made the common *Pomatum*) the Marrow of four-footed Beaſts, Wax, eſpecially white Wax, and the Mucilages of Lin-ſeed, Fœnugreek, Flea-ſeed, Quinces, the Roots of Marſh-mallows, Mallows; of all which there is a peculiar uſe in healing the choppings of the skin: yet the Mucilage of flea-ſeeds, and Quinces, is given inwardly, with inward Medicaments for pains of the Heart.

*Scouring Medicaments.*

Scouring Remedies ſeem to be contrary to ſuch as allay, and temper, becauſe they wipe away the clammineſs, and what is faſt to the Parts they ſcour off; of which kind are all ſalt, nitrous, ſharp, bitter things, which are good for al foulneſs of the Skin, foul Ulcers, and

Obſtructions: But becauſe the matter of theſe, is manifold; to avoid all confuſion in ſo great variety, we ſhal principally lay down here, ſuch ſcouring Medicaments as are proper for the foulneſs of the Skin; and others that take away Obſtructions, and purge Ulcers, may be ſought for in the Title of things that open obſtructions, and breed fleſh in Wounds, of which afterwards in the muſtering up of Medicaments that reſpect Diſeaſes.

Theſe cleanſe the Skin weakly: Bitter Almonds, Peach Kernels, Juyce of Lemmons and Citrons, Butter, chiefly that which is ſalt, *Antale*, Mother of Pearl, Bean flowers, husks, and meal, Fœnugreek, Bran, unhulled Barley, Flowers and Roots of white Lillies, Leaves and Berries of Bays, Dock, the wild and the ſharp, eſpecially the Root of it, Milk, and the whey of it, Litharge, Mallows, Root of Solomons Seal, Scabious, al Natural Baths moderately hot.

Of the Herbs are made Decoctions for Lotions and Baths.

Of the reſt are made divers Remedies

to

to beautifie the face, and take away the ſpots; as alſo for Scabs and Itch.

To waſh the face, and to make the hands white, theſe are ſingular good: Bitter Almonds, or Peach Kernels bruiſed, and with milk brought to the form of a Cataplaſm.

Alſo Bean meal wrought with whey or milk to the conſiſtence of a liquid Liniment.

Bread of Barley meal ſtamped with milk, boyled a little, and when it is hot, rubbed on gently.

Alſo *Lac Virginis* is much commended, which is made of one part of Litharge, and two parts of Vineger, they are mingled and ſhaked together, and ſoaked for three hours: afterwards the Vineger being filtered, Rain water is put in, or Fountain water, in which a little Salt is diſſolved.

The moſt excellent to beautifie the Skin, is of this kind.

Take *Antalia, Mother of Pearls, of each equal parts*: Pound them groſly, then lay them bed upon bed, with the Juyce of Lemmons, and put them in a moiſt place till they diſſolve; and then uſe

the Liquor as it is, or elſe diſtilled through a Filter, or *Balneo.*

For Itch and Scabs, theſe are the beſt Unguents:

Take *Litharge of Gold beaten and ſifted, three ounces: Roſe Water, and common Oyl, (Oyl of Roſes is better) of each four ounces.* Drop in the water firſt by little and little, ſtirring of it conſtantly in a Morter, with a wooden Peſtel, till the Pouder have drank up al the water, and be wel mingled with it; then add the Oyl by little and little, ſtirring them alwaies til they be wel mixed. *Or,*

Take *freſh Butter two drams: the Root of the ditch Dock boyled and pulped through a ſieve: common Oyl, and Juyce of Lemmons, of each one ounce: Bay-berries finely pouder-ed and ſearced, two ounces.* Mingle them, and make a Liniment according to Art.

The Juyce of Lemmons may be left out, and yet the Compoſition wil be never the worſe.

Theſe do moderately ſcour for Lotions and Baths: Salt water, Bath water, Sea water, Nitrous water, Allum water, the Urin of a Boy that is ſound,

May-

May-dew, the Juyce of ſour Grapes, white Soap, the Decoction of Agarick, the Roots of Canes, Ivy of the Wals, Lupines, the black Vine, and of Oleander.

For Oyntments, ſerve al the Rozins, chiefly of the Larch, and Turpentine Trees, Mirrh, the inward Rind of the Elder Tree, Goats-horn burnt, Cuttle-bone burnt, new Tobacco, the Pouder of common Salt.

Of theſe, ſome Remedies are made, proved good by Experience, both for Scabs, and Spots of the Face.

For the Scab,

Take *the Leaves of Oleander, poudred and ſifted, two drams: common Salt, one dram; freſh Butter, one ounce and an half. Mix them for a Liniment.* Or,

Take *the Leaves of Tobacco, one handful; Oleander, and Bays, of each half a handful, Butter, three ounces.* Beat them in a Mortar, til they be al well mixed; then Melt it over the Coals, and preſs it out ſtrongly. *Or,*

Take *Bay-berries, Aſhes, Salt, of each one dram: common Oyl, three ounces: Wax two drams.* Mix them for a Liniment. *Or,*

Take

Take *Roſin of the Larch, or Turpentine Tree, two ounces; freſh Butter, one ounce: Oyl of Bays, Juyce of Lemmons, of each half a dram: burnt Cuttle-bone, or Ceruſs, or Litharge, one dram: common Salt two ſcruples.* Mix them for a Liniment. *Or,*

Take *the middle Rind of the Elder Tree, Leaves of Tobacco, of each half a handfull: common Oyl, three ounces.* Boyl them at a gentle fire until the Moiſture be conſumed (a ſign whereof is, If the Oyl poured into the fire, flame ſuddenly without Cracking) make expreſſion, and ſtrain it; *then add moſt fine Pouder of Mirrh, two drams: Yellow Wax, one dram and an half.* Mingle them, make a Liniment.

Alſo this following Stone, if it be diſſolved in ſome convenient Liquor, and then waſh the place affected, with it, it takes away both Scabs and Itch.

Take *Roch-Alum, one ounce and an half: Litharge of Gold three ounces, Borax of the ſhops, Sea Salt, and white Lead, of each one ounce; the beſt Vineger one pound: Rain Water, half a pound,* the Ceruſs, and the Litharge, muſt be poudered and ſifted: then Boyl them in an unglazed Pot to

the

the hardneſs of a Stone.

For Spots of the face.

Take *May-dew purified by filtring, two pound: Juyce of Sour Grapes, or Lemmons, or Oranges, one pound: Roots of white Lillies, and Solomons Seal, of each two ounces.* Make infuſion for two days, in Horſ-dung, the Veſſel being cloſe ſtopt; then diſtil them by the heat of the ſame Dung, to make a Lotion for the Face. *Or,*

Take *white Soap diſſolved into froth with May-Dew, or Vineger, two ounces: Meal of Lupins, half an ounce*; mingle them and ſtirr them diligently, and with a ſoft fire Boyl them to a mean conſiſtence: after that, add to them, *the Oyl of Peach Kernels, three ounces.* Mingle them and Boyl them at a gentle heat to the conſiſtence of an Unguent; wherewith anoint the Face, and the Hands, before you ſleep; and in the morning waſh them with a Decoction of Bran.

Theſe do ſtrongly cleanſe for Baths, & Lotions; Brim-ſtone Baths, Barley, the Decoctions of Briony Root, Black-Hellebore, Centaury the leſs, Sowe-wort, Elecampane Root, eſpecially if you add a little Salt, and Alum.

For

For an Epitheme, the Water of quick Lime.

For Oyntments: Borax of the ſhops, Nitre, Brimſtone, black Soap, Aſhes of the Vine Branches, Lime waſhed perfectly, the pulp of the Root of Elecampane, Oyl of Tartar.

Of theſe; remedies are compounded that are moſt profitable and proved by Experience.

For a cruſty Scab, and like to the Leproſy, *Amatus Luſitanus* ſaith that this Unguent removes it, like to an Inchantment:

Take *Roots of Elecampane Boyled in Vineger, and pulped through a Sieve, two ounces: Salt Butter, Roſin of the Larch Tree, or Turpentine Tree of each half an ounce: common Salt finely poudred, two ſcruples: Brimſtone one ounce.* Mingle them for an Unguent. *Or,*

Take *quick Brimſtone, two drams: Aſhes of Vine Branches, common Salt poudered, of each one dram.* Bind them in a fine Cloth and let them Boyl, in *common Oyle, four ounces; Vineger, or Juyce of Lemmons one ounce.* Boyl them til the moiſture be conſumed, and with this matter, being hot

hot, anoint the part that is Scabby. *Or,*

Take *quick Brimſtone, half an ounce; common Oyl, three ounces;* Diſſolve it: then add, *beaten Salt, and Aſhes, finely ſifted, of each one dram: a little Wax*: mingle them for a Liniment.

For a Lotion.

Take *Roch-Alum, common Salt, and Brimſtone poudered, of each one ounce: Black Soap one ounce and an half: Barley one handful; white Vineger, half a pound: common water, ſix pound.* Boyl them til half be conſumed; ſtrain them, and keep them for uſe.

For ſpots of the Skin.

Take Black Soap diſſolved in a ſtrong Ly, two ounces, Borax two drams: boyl them til they be thick. Then add, the huſks of beans finely poudered, half an ounce; Oyl of Peach Kernels, three ounces. Mix them diligently til they be wel united, and make a kind of Soap.

In the place of the ſaid Oyl, you may uſe common Oyl two ounces; Oyl of Tartar, one ouuce. Mingle them, and anoint the place, morning and evening, and waſh the Skin with ſome of the ſaid Decoctions.

Of

Of this kind is the Sope that the Venetian Women uſe to deck their faces, Hair and Hands. The compoſition is, this.

Take damaſk Sope, four ounces: diſſolve it in Juyce of Lemmons, what is ſufficient. Then add, Oyl of ſweet Almonds and of Tartar, of each two ounces, let them ſtand in the Sun and be ſtirred every day, until they grow as thick as an Unguent. The part is anointed with this; and then it is waſhed with the Decoction of Barley or Bran.

Old ſpots & Morphew are taken off with the water of Quick-Lime made with Whey; wherewith the diſcoloured place muſt be often touched in them when the Skin comes off; reſtore it again with Unguent of Litharge, deſcribed amongſt weak ſcouring remedies.

A man of great fame uſed this remedy for a high Secret, and ſo picked great ſtore of Money out of the Pockets of great Ladies.

*Remedies to ſoften hard things.*

Though the hardned Humor may ſeem

ſeem to be corrected by ſoftening only, yet every hardneſs requires not Remedies of the ſame force: For cold and dry Humors that are hardened by congealing, are melted with Heaters only, without any notable drivers; which things are properly called Softeners. Yet Milk and Blood when they are Clotterd, and congealed, ſeing they fal to that by want of their proper heat, they require things that heat exceedingly, or ſuch as attenuate and cut.

Laſtly, Milk made like Cheeſe, requires cold and moiſt things, with ſome Thinners of parts, becauſe ſtrong heat ſeperating the Whey from the thicker part, turneth it into Cheeſe.

Emollients, and proper remedies to Melt, are of two ſorts: Some are fit for Scirrhous Humors, which are ſomewhat ſtronger, and diſcuſs the melted matter: Some are gentler and are fit for hardned Humors, without any ſingular ſtuffing, or plenty of matter: the uſe thereof muſt alſo precede in Scirrhous affects, before ſtrong Emollients, that what is congeled may be the more eaſely melted and more ſafely diſcuſſed. The

The gentle Emollients, are, marſh-Mallows, Borrage, Bugloſs, Brank-Urſine, Fenugreek, Liquoris, Lin-Seed, white Lillies, Mallows, Melilot, Rayſins.

Of theſe may be made Decoctions, Syrups, Electuaries, for inward uſes: Alſo they ſerve to make outward Fomentations, Unguents, and Cataplaſms, which are chiefly prepared with Butter, freſh Tallow, but eſpecially of Mans Fat, and of the new Wax, the Marrow of four-footed Beaſts, the Greaſe of Sheeps Wool, common Oyl of Olives wel ripe, Suet, and the Mucilages of Marſh-mallows, Mallows, Fœnugreek, Lin-ſeed.

For Fomentations ſerve particularly, moiſt wool that is properly the waſhing of wool, and water and oyl warm.

Compounds that are eaſie to provide, are of this kind.

For an Oyntment,

Take *Roots of white Lillies, Mallows, Marſh-mallows, of each one ounce: Chamomel, or Dill, of each one handful: white Wine four ounces: common Oyl that comes of ripe Olives, eight ounces.* Boyl them till the

the moiſture be conſumed, then preſs and ſtrain them. *Or*,

Take the mucilage of Lin-Seed and Roots of marſh mallows, of each one ounce, Ox marrow and freſh Butter of each one ounce, common Oyl three ounces, new Wax three drams: mingle them for an Unguent.

For a Cataplaſm.

Take Roots of white Lillies one ounce, Leaves of mallows one handful, Boyl them gently, then melt two ounces of Butter with them, and make a Cataplaſm. *Or*,

Take Roots of marſh-mallows Boyled & pulped through a Sieve two ounces, meal of Lin-ſeed and Melilot, of each one ounce and an half, Roots of white Lillies half an ounce: Ox marrow one ounce, common Oyl three ounces, Decoction of mallows; what will be ſufficient, make a Cataplaſm.

Theſe are ſtronger that follow; for they are all uſed outwardly, except the Saffron and the Root of ſharp Bind-Weed, which it may be Agreeth with Indian Sarſa, both in kind and vertue: the reſt are ſeldome given alone but

mixt with more gentle Emollients.

For Fomentations therefore, add Roots of bryony, Sow-bread, wild Cucumber, and Flower-de-Luce freſh, with the Decoction of theſe; an effectual Fumigation may be prepared by quenching a Fire-ſtone or a peice of a Milſtone in it. Bitumenous waters of Baths, ſerve of themſelues for Baths and Fomentations.

For to anoint, Gooſe fat and Deers ſuet are good, ſo is Oyl preſſed out of Nuts, the Lees of Oyl, and Oyl of Peter.

For Plaiſters, take the roots of Jacinths, Daffodil, freſh Leaves of Tobacco, and the flowers of Flower-de-Luce.

By themſelves, theſe ſerve inſtead of a Plaiſter: Bitumenous Dirt, Ox Dung, chiefly mixed with Lees of Oyl, and Old Cheeſe Kneaded with Broth of Salt fleſh.

Theſe Cerats they add: dry pith, Roſin, Colophonia, Bitumen, Jet, Ammoniacum, which makes a Plaiſter it ſelf if it be diſſolved in ſharp Vineger.

Of theſe may divers medicaments be preſently compounded that are effectual

ual againſt Schirous Tumors. For example.

For an Oyntment.

Take Sowbread and wild Cucumber of each half an ounce: white Lillies one ounce: Chamomel and green Tobacco of each one handful, Leaves of Spurge, Laurel half a handful, common Oyl one pound, white Wine four ounces, Vineger two ounces, Boyl them at a ſoft fire til half be conſumed, then preſs them out.

A Cataplaſm.

Take a whole Onion Boyled in Vineger one ounce, flowers of Blew flower-de-luce ſteeped in white Wine one Pugil, Gooſe greaſe half an ounce, beat them altogether and make a Cataplaſm.

Some make a Cerate of white Pitch only, which they cal Burgundy Pitch, which they hold for a ſecret and prefer it before Amoniacum.

Theſe diſſolve and hinder clotted Blood; Vineger, Poſca, Oxymel ſimple, the Decoction of Round Ariſtolochia, Calamints, Savory, Time, the ſhels of green Nuts.

Yet the Decoctions are made ſtronger with Poſca, as the runnet of a hare drank to one dram with Water and Vineger.

A preſent and excellent remedy is made of a Ly of Vineger, Salt and Honey, after this faſhion.

Take of Ly three ounces, Vineger two ounces, clarified Honey half an ounce, common Salt one ſcruple: mingle theſe at a ſoft fire, for to drink.

Alſo if Oxymel be prepared, boyling Honey with the firſt Wine that comes forth without preſſing, til al the ſcum be taken off, it will be a pleaſant and effectual remedy.

For curded Milk; gentle ſoftners are convenient, mixt in Fomentations with Garden Smallage, mountain Smallage, cummin, freſh Mint, and Rue, adding a little quantity of Vineger.

In Cataplaſmes: Bean Meal, Lintels, with Oxymel or Mulſa, for Vineger.

This following Fomentation is approved.

Take *Leaves of Mallows, Roots of Marſh-mallows, Herbs, Garden Smallage, Moun-*

*tain*

*tain Smallage, Roots of Fennel, of each one handful, Leaves of Bays, Flowers of Chamomel, of each one Pugil, common Water ſix pound.* Let them Boyl till a third part be conſumed, to foment and wet the Breaſts; of the reſt, an excellent Plaiſter may be made.

Theſe that follow are proved remedies.

Take *Turpentine often waſhed in white Wine three ounces, three whole Eggs, Saffron one ſcruple, Yellow Wax two drams.* Mingle them, and make a Cerate to be Spread on a Linnen Cloth, leaving a hole that the Paps may come forth to be ſucked. Or,

Take *Bean Meal three ounces, common Oyl two ounces, Turpentine one ounce, two Yolks of Eggs, Saffron one ſcruple, with the Decoction of Mallows and Parſley, made with Vineger what is ſufficient.* Mingle them and make a Cataplaſm.

Alſo freſh Butter waſhed very well in the Decoction of Mallows, and mingled with the Pouder of the Roots of Mallows or Marſh-mallows, to the conſiſtence of an Unguent, and laid on upon a Colewort leaf, is a moſt excellent re-

medy for pained Breasts and hardned by the Milk stopped in them.

This also is singular:

Take common Oyl of ripe Olives, new Wax of each, a like quantity: mingle them, then wash them wel three times in Rose water, and lay them on with a Colewort leaf.

The same remedies serve for clotterd Milk, tempered with cold and moist ingredients, and with a greater quantity of Vineger.

Yet A Plaister of Bran exceeds them, or of Barley Boyled with Vineger, adding thereto a little Saffron.

Also a Cataplasm of Bean Meal with the Decoction of Night-shade that bears winter Cherries, made with Vineger, which is made most effectual if you mix the Runnet of a hare with it, and fresh Butter.

Hitherto we have spoken of remedies to correct the manifest quality of the causes of Diseases; but the hidden quality, since it is venemous, and is in those things that are faulty in substance, it requires remedies against Malignity, which we shall set down afterwards

afterwards, amongſt thoſe remedies that are oppoſite to the cauſe that is preternatural by the whole kind.

### *Remedies that move* Preternatural *Matter that lieth ſtil.*

Want of motion in thoſe things that by nature ſhould move at certain times, fals out principally when the courſes are ſtopt, or in hard Labour in Child-Birth, or when the Secundine ſtaieth behind, as alſo when the blind Hemorrhoids are bread within; theſe are remedied by ſuch things as procure the courſes, help Travel, drive out the Secundine, and the Child that is dead, and alſo provoke the ſecret Piles.

### *Remedies that move the Courſes.*

Thoſe things that properly move the Terms, do melt the Blood and open the Orifices of the Veins: the matter

whereof being it is of large extent, *Galen* diſtinguiſheth it into three Ranks, Gentle, the uſe whereof is when the Terms are diminiſhed: Mean which are more fit for the Terms that are ſtopt; Forcible, ſuch as are uſed as the laſt remedies when other helps profit not; and theſe are not given inwardly, but in Peſſaries, or infuſions.

The Chief and moſt Obvious amongſt the gentle, are, Maiden-Hair, Red Chiches, the firſt Broth of them, Cats-tails, of Walnut Trees, flowers of Stock-gelli-flowers, dried in the ſhade, white Lillies, flowers of Balm, common Maiden-hair, Cinkfoyl, of theſe are made Decoctions and Syrups, chiefly with Aromatical white Wine.

Theſe remedies are counted to be the moſt effectual of them.

Take maiden-hair or common maiden-hair half a handful, flowers of wall-flowers dried one ounce, ſweet white Wine ſix ounces, make infuſion for twelve hours, then Boyl them ſoftly, till a third part be conſumed ſtrain it, add Saffron three grains: mix all for to drink hot. *Or*,

Take

Take *Walnuts that are dry but not rank, half an ounce, Broth of red Chiches four ounces, Odoriferous white Wine two ounces: Boyl al to a third part, ſtrain them, and add Saffron three grains, or Cinnamon ſix grains.* Mingle them for a potion.

Alſo the frequent uſe of walnuts is held to move the courſes by their property, and therefore women make profitable Cakes and Puddings of Nuts, green Parſly Leaves and Saffron.

To anoint the Hipogauſtrium outwardly; is made an Oyl of wall flowers, by ſetting in the Sun, or elſe of Lillies: alſo preſently an Oyl is made by deſcent, of the Roots of white Lillies, and the tops of Dill and Chamomel;

The Mean are; round Ariſtolochia, Mugwort, all ſpices, amongſt which Cinnamon and Saffron are preferred, Garden daiſies, double-toung, calamint, chiefly of the mountain, both the Dittanies, the Root of ſword-flag, Featherfew, marioram, Mercury, Horſemints, Bazil, Penniroyal, ſavin.
Of which are made, Decoctions, Syrups, Electuaries, or one dram of their Pou-

der

der is given in white Wine that is ſpiced.

To theſe: dry remedies, as Pouders, Bolus and Pills, borax of the ſhops is profitably adioyned, or mirrh, flowers of brimſtone, and Nettle Seed.

The Decoction of Garden Daiſies dried, is held for a ſecret given in white Wine ſpiced.

Alſo the Decoction of Nettle Seed one ounce in white Wine.

So is the Decoction of the Leaves of Garden Groundſel, plucked off downward, in white Wine or Broth of red Chiches.

Alſo baſtard Dictamni of *Mathiolus*, either in Decoction or in Pouder, and drank in white Wine.

Alſo one dram of the ſowreſt Leaven or thereabouts, diſſolved in white Wine, and drank without or with a little Saffron.

So is the Seed of Nigella one dram with one ſcruple of Cinnamon in white Wine.

Alſo this Pouder is moſt effectual.

Take Borax of the ſhops one ſcruple, Cinnamon, Roots of round Ariſtochia,

Leaves

Leaves of Savin and Dictamni of Crete, or Nigella ſeed half a ſcruple, fine Sugar two ſcruples, mingle them, and make a fine Pouder to take at once in the Broth of red Chiches, or the beſt white Wine.

Alſo Phyſick Wine may be made, whereof four ounces drank hot in a morning for ſome days together, before the uſual time the Terms are wont to come down will forcibly provoke them: and it is thus made.

Take Hearbs; Mugwort, mountain Calamint, Penniroyal Savin of each one Pugil, Cinnamon, Annis Seed of each one dram, Saffron one ſcruple, cut the Herbs and bruiſe the Seeds and for twenty four hours infuſe them in ſtrong white Wine two pound, then Boyl them a little and ſtrain them.

Outwardly the waters of hot brimſtone Baths are convenient, alſo the Decoctions of the foreſaid Herbs, wherewith are provided Fomentations and infuſions for the matrix; alſo fumes are made which much be uſed on ſuch as are ſubject to fits of the Mother, burning under them ſuch things as ſmel

ſweet,

ſweet, which may be uſed indifferently for others, by mingling ſweet and ſtinking things together: for ſweet ſmels do open the paſſage of the Matrix, and ſtinking things do ſtir up the Expulſive Faculty to Vacuation.

For a ſweet ſmel Spices are good, Bay-berries, grains of Juniper, Marioram, Mirrh, Roots of Dog-Fennel, Savory, Time.

But for a ſtinking ſmel, ſerve Bitumen, Jeat, Rue, brimſtone, and ſome ordinary Gums, but chiefly *Aſa-fœtida*, and *Sagapenum*.

Laſtly peſſaries are ſingularly commended of Garlick Bruiſed with Oyl of Spik, alſo of the Juyce of mercury, or the Juyce of the Root of Dwarf-Elder made up with Wool.

For a ſecret are held the Leaves of the greateſt plants, put under the naked ſoles of the Feet, and worn there.

Violent remedies which are mingled with other remedies, either peſſaries or internal Medicaments, are the Roots of Cuckoo-pint, and Dragons, of Briony, Coloquintida, Sowbread, both Hellebores a Gal but chiefly of an Ox, water Pepper,

Pepper, and the Seed of Staves-Acre.

## *Helps for Delivery.*

Thoſe things that move the Terms do alſo help to deliver, but beſide them, theſe do ſingularly yeeld help, the Dung of a Hawk drank one dram in white Wine.

The Dung of a Falcon, the ſame Doſe drank in white Wine.

The Teſticles of a Horſe that is gelded, cut into ſlices and waſhed in white Wine, and then dried in the ſmoak, the Pouder of it is given to one dram in ſpiced Wine.

The Root of Horſe-toung, the Herb Motherwort, the Pouder of them is given a whole ſpoonful, or the Juyce in hot white Wine.

Fallopius holds it for a great ſecret, to take one ſcruple of Borax of the ſhops in the Decoction of Featherfew, or Savin.

Alſo the Travail is made the more

eaſie, if Women eat Snails in their meats ſome days before their Delivery.

Alſo a Turtle Roſted, whoſe Belly is ſtuffed with Bay-berries, Juniper berries and Cinnamon, being eaten every other day before the time of Child-Birth.

But outwardly when the Throwes are upon them the Eagle-ſtone bound to the Thigh is a help, ſo is the Jaſper, and the coral uſed the ſame way, and the Load-ſtone held in the left hand.

*Remedies to drive out the Secundine.*

Thoſe things that were now propounded to be taken inwardly to help Delivery, do alſo help to drive forth the Secundine.

But particularly theſe are good, the Decoction of Sage in white Wine, the Root of the Bay's of Alexandria, Seed of Hony-ſuckles, the Seeds or Root of Seſely of Marcelles the Pouder of them is given to one dram, in hot Wine or the Decoction of Sage, alſo the Pouder of

of Bay-berries is effectual to one dram, taken in white Wine or water, or the Decoction of white Lillies.

Alſo this Pouder is commended.

Take Roots of Round Ariſtolochia and Mirrh of each half a dram, Pepper one ſcruple, make a Pouder to be taken in a Decoction of equal parts of Maiden-hair and common Maiden-hair.

Alſo theſe are held for approved, the Pouder of dictamni drunk in ſome convenient Liquor and the foreſaid Pouder of the Teſticles of a Horſe.

*Remedies to open the Hemorroids.*

If the Blind piles ſwel, they may be opened by rubbing them with the Leaves of Borrage, of a Fig-Tree, wild Cucumber and Briony; alſo the internal uſe of Aloes helps, but if theſe do not profit you muſt ſet on the Leeches.

*Remedies to force out the dead Child.*

Thoſe things that expel the Secundine

dine, force out the dead Child alſo.

Eſpecially, vertue is aſcribed to Dittany, both in drink, and perfume.

Alſo the milk of the firſt litter of a Bitch being drank is very good in particular.

Water Parſneps taken for a Pot-herb in meat.

The Juyce of Scordium drank to half an ounce with Saffron.

The fume of Pigeons dung, of brimſtone, of the caſt Skin of a Serpent.

Alſo we muſt not negleſt in this caſe ſuch things as tied to the Thigh do eaſe Child-Birth.

Amongſt the approved remedies theſe two are extolled.

Take mineral Chriſocolla two ſcruples, or Borax one dram, Cinnamon and Saffron of each one ſcruple; mingle them, make a Pouder to be given in white Wine or the Decoction of Mugwort.

Alſo take Chryſocolla of the mines, or Borax half a dram, Dictamni one ſcruple, Juyce of Savin half an ounce, white Wine what is ſufficient, or if there be

be a Feaver take the Decoction of common maiden-hair, or maiden-hair three ounces; mingle them.

### *Remedies that quiet the Matter, that is Carried with a wrong Motion.*

Such things as are moved preternaturally, are quieted by revulſion to the oppoſite part: and thoſe that repel from the part that receiveth, and ſuch as make a ſtop between the part that ſends, and the part that receiveth, alſo by things that thicken the matter that runs, and by ſuch as bind up the paſſages, by which the flux is conveied.

Thoſe things intercept, which are ſet down to prepare thin Choller, and ſuch as by an unctious quality do aſſwage the acrimony.

All thoſe things that bind up the paſſages do repel alſo, of which we ſhall ſpeak a little afterwards, and beſides thoſe, all cold and moiſt things that by thickening intercept, of which we ſpak before.

Thoſe things make revulſion, namely ſuch as are called Rubificatives, reckoned amonſt thoſe things that Evacuate inſenſibly; alſo Veſicatories made of Cantharides, in Cerats or Plaiſters, or of Crow-foot, or the Roots of the leſſer Crow-foot bruiſed alone, and laid on for a Cataplaſm.

The Form of a Cerate:

Take *Whole Cantharides half an ounce, Seeds of Ammeos three ſcruples and an half, Roſin five drams, Wax two drams.* Mingle them for a Cerate for four Veſicatories fit for a Body that is of ripe years: for Children and ſofter bodies half ſo much is ſufficient.

For a Plaiſter for four Veſicatories:

Take *three or four drams of Cantharides, (for a harder or ſofter conſtitution of the Body) Muſtard four ſcruples, Seeds of Ammeos one dram, the ſowreſt Leaven one ounce and half, the ſharpeſt Vineger what is ſufficient.* Make a Plaiſter.

The ſharpeſt Vineger, is Vineger of Squils, and that which may be preſently made of the Decoction of Garlick, Wake-Robin, or red Onions: or the ſaid Cantharides are bruiſed and made up

up with crums of new bread, or with Figs; then moiſten the matter with the ſharpeſt Vineger and make a Plaiſter.

Alſo a Bladder may be preſently rayſed, by dropping on ſcalding Oyl or water, but ſo that the matter may be ſprinkled through a large hollow Cane, leaſt it ſhould ſpread further than is fit: or elſe the Oyl muſt be dropped on the part that is fenced about with a Circle of Wax or ſuch like, ſo large as you deſire to make the Bliſter large.

### *Remedies that Root out the Cauſe that is offenſive in the whole ſubſtance.*

Thoſe Bodies offend in ſubſtance, and are Preternatural by the whole kind, that ſtick in the wounded part; as Worms, Stones, Poyſons, Corruption; for theſe, are proper, ſuch things as can draw them out, kill the Worms, break the ſtone, Preſervatives againſt Poyſons, and ſuch as can remove Corruption,

Remedies that draw out: Theſe

though they muſt hold proportion with the Bodies that are faſtned in, for which cauſe ſeveral remedies draw out ſeveral matters; as the Load-Stone draweth Iron, Amber draws Chaff: and ſome are indifferent to draw out any things containd in Wounds: namely Pimpernel, Roots of Canes, Root of round Ariſtolochia, Dittany, the upper Root of Sword-flag, a Lizards Head, Bee-Glew, the Root of ſtinking Gladdon, the middle rind of the Teil-Tree, Bird-Lime; al which are put into Plaiſters, either bruiſed alone, or elſe are applyed with Wine to the wound.

Some do attribute a wonderful force to draw forth all things that are faſtned in, and that from the deepeſt parts of the body, to a Fox Toung pulled forth in the month of May and dried; and when you wil uſe it, ſteep it in Wine until it grow ſoft, and ſo lay it hot to the Wound.

Some again aſcribe the ſame force to the fat and Skin of a Hare, prepared the ſame way, but it differs ſomething from things that draw out, by the manner of application, for it draws not things

things faſtened in toward it ſelf, but drives them from it; and therefore it is not laid on the mouth of the wound, but on the part againſt it of the ſame member; as if a Blow being given to the forepart of the Head, ſome thing ſticketh in it, they ſay it wil be driven out by laying the ſaid matters to the Noddel.

### *Remedies for Worms.*

Of theſe ſome do only kil them, and ſome kil them and drive them forth: of remedies that kil them, ſome are moſt fit for broad worms; ſome for round worms, and ſome for the bots. Other things there are that are contrary to all kinds of Worms, and for their ſingular faculty by which they kill Worms may be ſet down for the poiſons of worms.

Theſe kill broad worms; Garlick, Bay-berries, the Roots of fœmal fern, the great Turnſole, the Root of the Pomegranate, the rind of the Root of the mulberry, nigella Seed, Walnuts,

Tobacco, Vitriol; they are given in ſubſtance to one dram, or in Decoction; chiefly in Vineger or ſweet Lixivium.

Theſe things kil the round worms, and the Bots; Vineger, Juyce of Oranges, Citrons, Lemmons, Cole-Seed, Roots of Biſtort, Carduus Benedictus, Roots of Graſs, Bole-armoniac, Motherwort the Herb, Croſs-wort the Root, Vervius, Juyce of Purſlain, Root of Divels-bit, Terra Sigillata, Tormentil, Root of Swallow-wort.

Theſe kil and drive them out; all kinds of Wormwood, Southernwood, bitter Almonds, Salt Bath waters, Seeds of Citrons and Oranges, Germander, white Dictamni, the Root of both Gentians, Lixivium, Lupins, Mirrh, Horehound, peach Kernels, flowers and Leaves, Rue, Scordium, brimſtone, nettle Seeds.

Of theſe, ſome remedies are ſuddenly made that are proved by experience.

For example in drink, thus:

Take *the Emulſion of one dram of the Seeds of Citrons or Oranges prepared, four ounces of ſweet Lixivium, adding ſweet Wine two ounces.* Mingle them. *Or,*

Take

Take *Wormwood in Pouder one ſcruple*, Put it into an Orange that is moderately dried, with a little Sugar and Vineger; Boyl it on hot Embers, then preſs it out to drink.

Theſe are accounted ſecrets; either the Tops of Eupatory of *Auicenna*, or of Sea Wormwood that bears Seed, given from one ſcruple to one dram or thereabouts, in Wine or milk or ſome ſuch Liquor.

For external remedies: are preſently provided, Epithems of Aloes and Mirrh, bruiſed with Vineger, or mingled with Ox Gaul; alſo Fomentations with wormwood, made hot on a fire-hot Tile, & ſprinkled with Vineger, or with peach Leaves ſtamped with hot Vineger.

For to anoint: ſuch an effectual Oyl may be provided.

Take *theſe Herbes*: *common Wormwood, Carduus Benedictus, Scordium, Tobacco, of each one handful, Root of Sowbread half an ounce, Coloquintida two drams, common Oyl two pound, ſharpeſt Vineger half a pound*: Boyl all at a ſoft fire, til the moiſture be conſumed, preſs it out; add to the ſtrained matter, *Mirrh one ounce*, in

Pouder: Boyl them again at a gentle fire til the Mirrh be diſſolved, then ſtrain them.

But theſe are the very poyſons of worms: Harts horn, Hemp-ſeed, or Leaves or Juyce, Corallina, or Sea-moſs, the Juyce of new Elecampane, the Pouder of Earth-worms, Goats-rue, Quick-ſilver well cleanſed.

Alſo common Mercury wel prepared may be given, (I ſay well prepared) to one ſcruple or thereabouts, made up into a Pill with leaf Gold.

Alſo Wine is effectual, wherein the ſaid Mercury hath been ſteeped al night or wel ſtirred with it: it is well purged for this end, and made without danger if it be ſtirred wel with the Juyce of Rue in a Glaſs Vial til it be perfectly white.

A pleaſant and effectual Vineger is provided; if in one pound of Vineger, there be ſteeped two days, Tops of St. Johns-wort one Pugil, Raſped Harts-horne half an ounce, broken Cinnamon one dram, then ſtrain it for uſe: it is taken in Sallets, or in a Spoon, with a little Suger.

*Remedies*

*Remedies to Break the Stone.*

Writers have ſet down, a great many more, than are approved to be good, unleſs we may ſuppoſe this to proceed from the diverſity of the ſtones: for ſome Medicaments break Stones in the Kidneys, by which the ſtones of the Bladder is not touched, nor can al thoſe things that diſſolve ſoft brittle ſtones, and that are made of Sand, not yet compacted together, break in pieces hard ſtones that are Glewd faſt, and made of a clammy and dryed matter: again, ſome Medicaments break the ſmal Stones and that are gravelly, and drive them out by their ruggedneſs, which can work noe effect upon the greater Stones in the Kidneys: therefore it is worth the labour to diſtinguiſh theſe remedies into a three-fold order: into thoſe that diſſolve a hard ſtone; into thoſe that diſſolve a ſoft ſtone, and not yet faſt compacted out of Sand, and into thoſe that drive out ſmal ſtones

and

and Gravel. Of all ſorts theſe are the moſt Obvious to be provided.

For ſmal Stones and Gravel.

The ſhells of Wood-Nuts, the Seed of Yellow Maſh-mallows, or Abutylon, the Calx of the ſhells of Eggs, the ſtone of Spunges, the winter ſhells of Snails, the bones of the Head of a Pike in Pouder, the ſtone found in the Head of a Snail, Crabs Eyes, ſtones of medlars, Mallows Seed, Golden Rod, theſe are given in Pouder, one dram in Broth of red Chiches,

For a ſtone that is yet ſoft and gravelly, Ammi, Roots of fullers Teaſels, the Bark of Bay-Trees, Eringo Roots, Root of an Aſh, the Root and Rind of Broom, the Seed of both Rochets of *Mathiolus*, the Seed of the leſſer Burdock, wild Mints, the Seeds of Nigella and Roſe Corn, the Rind of Radiſh, in a Decoction.

They are given in Pouder to one dram in the Broth of red Chiches, or ſome Diuretick Decoction.

For a ſtone that is hardened and grown great. The Pouder of a Bears Tooth, the Aſhes of a Calcined Graſhopper,

hopper, the Kernells of Cherries, borax of the ſhops, Maiden-hair with a trembling tail, the Aſhes, and the fleſh, and the dried Blood of an Old Cock, Cherri-tree Gum, the Aſhes of yong Swallows, the Juyce of Lemmons, the Aſhes of a Hare burnt Skin and all, the Aſhes of earth worms, Sow-lice waſhed in white Wine, burnt and dried, Pimpernel, Saxifrage, the fruit of Bladder Night-ſhade, or Alkekengi, the Root of Saxifrage, Goats Blood, alſo hares Blood and Foxes Blood dried, the Aſhes of Scorpions, land Calthrops, Roots of Nettles, the Seeds of Blew Violets; theſe ſame do move powerfully, drive out Sand, and are convenient for the ſoft ſtone.

Of compounds, eaſily to be provided: theſe are the moſt approved, and are held for ſecrets.

Take *Goats Blood, the Goats being firſt kept in Gardens of Saxifrage for a Month, and the beſt Mirrh, of each half a dram, Broth of Red Chiches three ounces, Juyce of Lemmons one ounce.* Mingle them to drink. *Or,*

Take *the Blood of a Fox, taken from him when*

*when he is alive, and white Wine, of each equal parts.* Boyl them at a gentle fire in a Glaſed Pot, to the form of a Furmenty; give five ounces of it for eight days together. *Or,*

Take *Sows-Lice prepared one dram, Aqua vitæ half an ounce, Decoction of red Chiches nine ounces.* Pour the Aqua vitæ into the Broth, whilſt it is hot, and take this warm ſix hours before meat for nine days together. *Or,*

Take *Borax of the ſhops one dram, the Broth of Red Chiches four ounces, Aqua vitæ two drams.* Mingle them to drink. *Or,*

Take *Seeds of Blew Violets half an ounce, the Decoction or the Water of Veronica or Golden Rod ſix ounces.* Make an Emulſion to be given for ſeven days.

Alſo Take *the Juyce of Caltrops, chiefly, that on the land, ſix ounces.* Drink it warm by it ſelf, or with Juyce of Lemmons, ſo the Juyce of Golden Rod drunk for ſome dayes is held moſt effectual.

*Remedies that move Corruption.*

Although theſe do not immediately Root

Root out matter that is preternatural by the whole kind, but do rather yeeld aſſiſtance to Nature that labours to concoct it: yet when the matter is concocted, that it may be more ſoon and ſafely purged out, they do mediately concur alſo to this work.

Thoſe things do by themſelves move corruption, that do maintain the heat of the part, either by the likeneſs of their temper, or by the influence of their heat, hindering the ſtopping up of the pores:

Thoſe things do move corruption by accident, which Repreſs the exceeding, of the matter, and make the Blood that is mingled ſo pliable, that it is overcome by innate heat.

For the parts and Conſtitutions that are over-hot; Boyled Onions, fat Figs, Saffron, Fenugreek, Lin-Seed, the Root of white Lillies, Frankinſence, are convenient. And outwardly, Gooſe Greaſe, Goats Tallow, Leaven, and all kinds of Roſins.

Plaiſters may be preſently made thus:

Take dry Pitch melted in Oyl what may ſuffice, make a Plaiſter. *Or,*

Take

Take *any kind of Roſin, Yellow Wax, of each equal parts.* Mix them for a Cerat, to which you may add a fourth part of Gooſe Greaſe, and ſo make an Unguent. *Or,*

Take *Roots of white Lillies Boyled and ſtamped, two ounces, Meal of Lin-Seed and Fenugreek of each one ounce, Saffron one ſcruple, common Oyl one ounce and an half, the Decoction of white Lilly Roots what is ſufficient.* Make a Cataplaſm.

Leaven by it ſelf kneaded with Goats Greaſe is moſt effectual.

For parts and conſtitutions that are temperate theſe are fit: Marſh-mallows, Mallows, ſweet Almonds, Butter, Yolks of Eggs: to which in outward Medicaments may be added mans fat, Cocks fat, fat of Wool, Whey, Yellow Wax, Bees-glew, Wine, Wheat Meal purged from the Bran, common Oyl of ripe Grapes, that is not too Old.

Some living creatures ſerve for Plaiſters, chiefly yong Whelps.

Of the reſt, Plaiſters may be made ſuddenly thus.

Take *Wheat Meal or Crums of Bread moderately Leavened two ounces, common Oyl*

*Oyl one ounce; hot Water what is ſufficient.* Make a Cataplaſm. *Or,*

Take *Leaves of Mallows one handful, Butter one ounce.* Fry them together in a frying Pan, then beat them for a Cataplaſm. *Or,*

Take Roots of Marſh-mallows Boyled and paſſed through a hair ſieve two ounces, Meal of Fenugreek or Wheat one ounce, two Yolks of Eggs, common Oyl one ounce and an half; mingle them and make a Cataplaſm.

This is an excellent Unguent to ripen corruption, and to break an Impoſtume.

Take the ſharpeſt Leaven and Yolks of Eggs, of each equal parts, common Oyl and Saffron of each a little, make an Unguent, and lay it on with a Colewort Leaf.

For parts and conſtitutions that are cold, theſe are convenient: hot water powred on, water and Oyl, Milk, Barley Meal, quinces Boyled in Milk, Leaves of Blew Violets, and Bird-Lime of Apple-trees

A common Plaiſter is prepared of crums of bread with Milk and common

Oyl

Oyl or Oyl of Roſes. or.

Take Leaves of Mallows and Violets of each one handful, boyl them and bruiſe them, adding Barley Meal and common Oyl or Oyl of Roſes, of each one ounce; mingle them and make a Cataplaſm.

If it fal out in reſpect of ill matter, that cauſeth the tumor, that there is need of ſuch things as move corruption by accident, that is, of ſuch things, that muſt equal the exceſs of the peccant matter, which otherwiſe were convenient for hotter conſtitutions, they wil be convenient for colder tumors, becauſe they attenuate and heat the cold, thick matter; and ſuch as are convenient to colder conſtitutions, will be convenient for hotter conſtitutions, becauſe they reſtrain the heat of the matter.

Whence it is clear that thoſe temperate remedies ſet down, wil be moſt fit for al occaſions, ſometimes mixt with hot, and ſometimes with cold ingredients, as the affect that wants ſuppuration inclines moſt to heat or cold.

*Remedies*

*Remedies contrary to Poyſons.*

Such are properly Antidotes, that by the property of their ſubſtance, or by their whole temperament, do oppoſe the force of Poyſons.

Thoſe Medicaments are called ſo improperly, which do vanquiſh Poyſons by ſome apparent exceeding quality: ſuch are contemperating Medicaments, that are oppoſite to Poyſons in exceſs.

Coolers, that are oppoſite to Poyſons that inflame; and heating cordials that are contrary to Stupefying Poyſons that extinguiſh heat.

Though there are proper Antidotes fit to be given for all Poyſons, yet what is truly a kind of Poyſon, can be known by no proper ſigns; whence it comes to paſs that we are alwaies Ignorant of al Antidotes that are contrary to al Poyſons: the knowledg whereof may therefore ſeem ſufficient both for the prevention, and cure of Poyſons.

To make the matter more clear,

there may be aſſigned three ranks of Antidotes againſt Poyſons; ſome are chiefly oppoſite to Poyſons that are bred in us; either from ſome extraordinary putrefaction, or ſome other vnſpeakable corruption, and thoſe are eſpecially uſeful in Malignant Feavers and the Plague: others afford help when we have taken Poyſon: others do cure us when we are Poyſoned by Bitings, by wounds or by ſight.

Antidotes for Malignant Feavers and the plague: thoſe that are hot are convenient for a cold Time and a cold conſtitution: but cold and temperate are beſt in hot Time and for a hot conſtitution.

The hotter kinds are, holy Thiſtle, Star Thiſtle, the Pills and Seeds of Citrons, the Root of white Dictamni, Mirrh, great Chervil, Scordium, Divels-bit, Goats-Rue, Scorzonera, great Valerian, the Root of Swallow-wort.

The temperate are; the whole Citron, the Juyce of it, as of Oranges alſo and Lemmons, Borrage and Bugloſs, Biſtort, Bole-armoniack, both Blew-bottles, Harts-horn, common Pimpernel,

Pimpernel, Cinkfoil, Scabious, Tormentil, Terra Sigillata.

Of these; some Medicaments may be made cheap enough, that are not interiour to the most precious Bezoarticks brought from Forrain Lands.

First; this Syrup is most profitable, made of the whole Citron, which is temperate enough, and fit for all constitutions.

Take *a whole Pome-Citron sufficiently ripe and ful of Sap, weighing one ounce; and break it on a Grater, the Root of Scorzonera one ounce, the Herb Scordium one pugil, Seeds of holy Thistle two drams, Water distilled out of the Juyce of pleasant Apples and Sorrell of each two pound, Spirit of Vitriol four scruples, or in the place of it, Juyce of Lemmons two ounces.* Bruise what must be bruised and make infusion for thirty hours, the Vessel being very well stopped; then let them Boyl gently to the consumption of one third part, afterwards press them out strongly; let the strained Liquor be clarified by degrees at a gentle fire, infusing alwaies some flowers of Oranges or Citrons til it be perfectly clarified; then add *fine*

*Sugar one pound and an half*: Boyl it at a moſt ſoft fire, to the conſiſtence of a Liquid Syrup, the Doſe is half an ounce to two ounces.

Alſo an Oxymel that is ſomthing hotter is excellent.

Take *holy Thiſtle, Goats Rue, Scabious, Bugloſs, Sorrel, of each one handful, Roots of Scorzonera, Tormentil and Swallow-wort of each one ounce, Fountain Water four pound*: make infuſion for one day: then add, *the beſt Honey one pound and an half*, Boyl them at a ſoft fire til the Honey be well purified; having made expreſſion and well ſtrained it, add of the *beſt Vineger*, in which the whol Citron bruiſed on a grater hath been ſteeped and Boyled, ten ounces; Boyl al at a gentle fire to the conſiſtence of an Oxymel.

Alſo an effectual Vineger may be prepared, of which one or two ſpoonfuls may be put in Broth that is altered, or taken with meats.

Take *a whole Citron Raſped with a Raſper, prepared Harts-Horn, Bole-Armoniack of a Tellow Colour, of each two drams, Roots of Biſtort, Tormentil, of each one ounce, Seeds of holy Thiſtle one dram, Leaves of*

*Scordium*

*Scordium one pugil.* The beſt Vineger filtred, that it may cover al, about four Fingers high; bruiſe al the ingredients groſely, and infuſe them in the Vineger, in a Vial very well ſtopt, and let them ſtand in the Sun, or in ſome hot ſtove for ſome days; ſtirring the matter dayly, vntil the Color of the Vineger do not ſeem to be changed any more; then ſtrain it, and keep it for uſe in a Glaſs Veſſel ſtopt.

This pouder is profitable for malignant Feavers.

Take Yellow Bole-Armoniack, prepared Harts-Horn, Roots of Biſtort and Tormentil, Seeds of holy Thiſtle, Sorrel, Citron Pills, of each one dram, Camphir and Saffron five grains; mingle them for a Pouder.

The Doſe is half an ounce to one ounce, in Broth or Bolus made with Juyce of Citrons or Lemmons; it may alſo be put into a panada, or Ptiſan: alſo the Pouder may be made up with a little Gum-Tragacanth diſſolved in Roſe Water or Juyce of Citrons, made into a hard Ball like to a Bezoar-ſtone, which being dried again will

hold its vertue the longer.

Outwardly the foreſaid Vineger wil be profitable, altered with a whole Citron to ſmel to, and for Epithems for the heart; being added to waters or Decoctions that are convenient.

Some ſay that Brimſtone held conſtantly in the mouth, doth preſerve from the Plague.

Theſe things taken, are good for Poyſons, beſides thoſe we mentioned before; amongſt things that are hot; Ammi, the Roots of both Angelicas, the Root of Anthora, Annis Seed, round Ariſtolochia, all ſpices, Seeds of Colewort, Root of white Thiſtle, flowers of Clove gelli-flowers, Root of Croſswort.

The flowers and Tops of heath, Root of Elecampane, Juniper Berries, Root and Seed of Lovage, Turnep Seed, Wallnuts, Root of Pulemonia, Garden Rue, Root of One-leaf.

The more temperate are: Water kept in a veſſel of Serpentine ſtone, Ivory digged up, Harts-Muſhroms. The Decoctions of Acorns of the Oke Tree, Seed of St. Johns-wort, earth of Malta.

The

The Pouder of thoſe aforeſaid, may be given to one ounce in the beſt Wine, or in warm Vineger, or both mixt together.

Compounds may be diverſly provided as every man pleaſeth.

It is a famous and Antient Antidote, that is made of a Walnut, with three Leaves of Rue, and a Fig taken every morning.

Alſo *Theriaca Diateſſaron* is eaſily prepared for this purpoſe.

Take Roots of Gentian and Juneper berries, (but againſt Poyſon I ſhould prefer Bay-berries) Mirrh, Roots of round Ariſtolochia of each two ounces, clarified Honey two pound, make an Electuary.

There are alſo famous Pouders againſt Poyſons and the Plague, that are eaſily made: as that which is called *Griſeus Cæſaris*, and *Saxonicus*, the deſcriptions whereof are to be found in Wickerus *Lib.* 2. *Antidot. Spec. Sect.* 20.

This vineger alſo is good againſt Poyſons and the Plague.

Take Roots of wild Angelica dried

in the ſhade, Juniper Berries of each one ounce, mirrh half an ounce, Leaves of Rue one pugil, Cinnamon one dram; bruiſe all groſely, and infuſe them and digeſt them for eight days in the beſt Vineger, (Roſe Vineger is better) one pound and an half, then ſtrain it, and take every morning one ſpoonful faſting.

Outwardly they commend a Radiſh cut in peices, and born under the Arme-pits, provoking the Patient to ſweat in the mean time.

Theſe Oyls are famous of the great Duke, of Scorpions of *Mathiolus*, in the Room whereof, other Oyls not ſo hard to make, and of as much vertue may be compounded. As,

Take Oyl of ripe Olives (the riper the better) three pound, white Wine ſpiced one pound and an half, Roots of Gentian, Tormentil, Maiſter-wort, Swallow-wort common Angelica, of each one ounce, tops of St. Johns-wort, Leaves of Tobacco, and Rue, of each one handful, grains of Juniper and Bay-berries of each half an ounce, make infuſion according to art for four days in a

veſſel

vessel very well stopt, then let them Boyl til the moisture be almost spent, press them out, and strain them.

Against bitings and wounds that are venemous, inward Antidotes are convenient, mixt with cordials.

But outwardly the same are good mingled with attractives, that draw the Poyson to the wounded part, and keep the wound open, til the venom be purged out; such are all the hotter Agents and Rubificatives, of which we speak else where.

But properly Antidotes are, Ammi, Seed, long Aristolochia, Bdellium, both Dictamni, the Roots of both sword-flags, the brains of Dunghil-Cocks, Origanum, Pimpernel, Saxifrage, Root and Seed of the Clot-Bur, Goats-Rue, Goats-beard, and the Leaves of all kinds of Scorzonera, and the Juyce of the Roots; all those are taken in hot white Wine.

The Antidotes that I set down against Poysons taken, do almost the same thing: But this must be generally taken notice of, that the flesh of any Venemous Creature layed

to

to the biting or wound, that that creature made, doth draw out the venom: whence it comes to paſs that the Pouder of water Serpents, but eſpecially of Vipers is ſo famous, againſt the poyſon of al Serpents; and if we may beleeve report, it is good to cure and to preſerve alſo againſt al venoms, ſo that if the pouder be once taken to half a dram in ſpiced Wine; ſome maintain that the body is made impregnable againſt al poyſons for many days.

This pouder is prepared three waies, and firſt thus.

Take the Heart, the Liver, and the three firſt back bones of a Viper or wood Snake, dry all in an Oven, beat them into Pouder, add the root of Maiſter-wort an equal part and mingle them.

Secondly Vipers fleſh, the entrals being taken out (except the Heart and the Liver) muſt be cut, and ſeaſoned eight days with Salt, then put al into a Sive that is wel guarded on every ſide, and underneath rayſe a ſweet perfume, four or five times a day conſtantly, caſting

caſting on fire coles, the pouder of Myrrh, Bay-berries, grains of Juniper and Cloves, and when the fleſh is found to ſmel very wel, put it into a glaſed pot, wel covered with a cover of clay, and put it into a Bakers oven, and let it ſtay there, until al the ſubſtance of the fleſh with the bones can be brought into a moſt fine pouder: the new Phyſitians aſcribe more vertue to this pouder than to the antient confections of Theriac or Mithridate.

Thirdly, Vipers fleſh being excellent wel waſhed in white Wine, ſaving the Heart, and the Liver, muſt be gently dried that it may be beaten to pouder, and ſo uſed by it ſelf.

Beſides theſe, the poyſon of mad Creatures hath certain Antidotes, with which, being taken for forty days together, the wound in the mean while being kept open, madneſs and fear of water is quite driven away. Theſe are, Madwort, the aſhes of river Crabs, the root of the wild roſe, and common Pimpernel. They are given alone or mingled from one dram to two drams, in white Wine, they are mingled profitably

fitably with the root of Gentian.

*Galen* provides his Antidote of one part of Frankinſence, Gentian five parts, and ten parts of river Crabs burnt.

Alſo ſome report, that this pouder is proved by experience, to cure the fear of water, given in white Wine from half a dram to two drams, dayly three hours before meat.

Take Leaves of Polypode, Rue, Vervin Sage, Plantain with narrow Leaves, Leaves of common Wormwood, Mints, Mugwort, betony, Balm, St. Johnswort, Centaury the leſs, of each equal parts, dry them in a paper and beat them to Pouder.

Thus far concerning remedies that oppoſe the principal cauſe of the diſeaſe, from the taking away whereof; the cure of material diſeaſes muſt begin, unleſs there be ſomthing elſe that is urgent and ſo draws the cure to it: for that muſt be preſenly taken care for, neglecting the cauſe and the diſeaſe for a time, if that urgent thing gives no delay, but threatens the patient with ſudden death.

Now theſe things are ſaid to urge immediately

immediately and by it ſelf principally; the weakners of the vital ſpirits, in all faintings and ſwounings; but mediately and ſecondly all vehement pains, continual watchings, all immediate Evacuations, from whence there is fear of the diſſolutions of the ſpirits.

Theſe things urging, ſuch remedies as ſtrengthen the ſpirits muſt be ſet againſt them, ſuch as eaſe pain, procure reſt, ſtay fluxes; if the diſeaſe or the principal cauſe, by reaſon of its violence, and the weakneſs of the ſick, do ſometime come to be urgent; as feveriſh heat in an Old man, and the thickneſs and clammineſs of flegm, in an exquiſite quotidian Feaver, they require no other remedies than ſuch as are of themſelves contrary, concerning which we have partly ſpoken, and we ſhall ſpeak ſomething afterwards in the number of remedies that alter diſeaſes.

*Remedies for Symptoms that are Urgent.*

Thoſe remedies that ſtrengthen the ſpirits, do refreſh them alſo, either by accident, taking away the cauſes whereby

whereby they are diſperſed, whereof we ſhall not now ſpeak; or of themſelves, by affording matter out of which the ſpirits may be ſoon ingendered, and by Corroborating the inbred heat of the heart.

The heart is ſtrengthened with Cordials, concerning which we ſhall ſpeak, when we ſpeak of Medicaments that are oppoſite to the diſeaſe in diſtemper.

They afford fit matter to be turned into ſpirits, as alſo Nutriments that are of good Juyce, and thin ſubſtance, amongſt which are pleaſant Wine and ſweet ſmels, becauſe they yield thin vapours next to ſpirits, unto the heart.

In a hot cauſe, cold or temperate ſents muſt be prepared, ſuch as are made of Vineger, Roſes, Camphir, Violets, Mirtils, the Pills of ſweet Apples, and Quinſes that are grown Yellow.

Vineger altered with theſe ingredients is the beſt, making infuſion for ſome hours, or gently Boyling them, alſo to alter the Ayr, water muſt be ſprinkled in the Chambers that is mingled with Vineger, and it is good for ſents to put to the Noſe.

In

In a cold cauſe, ſmels muſt be made of the flowers of Citrons, Oranges, Lemmons, the Clove-gelli-flowers, Jeſamin, Lillies of the Valleys, Roots of Angelica, Ciperus, Garden ſetwal, Leaves of Calamint of the Mountain, Marjoram, Balm, Mint, Roſemary, Spik, Lavender, Time, Citron Pills, Bayberries, Juniper berries, and all kind of Spices;

The beſt is made of the beſt Vineger, or Wine altered with the foreſaid ingredients.

Alſo the ſmel of roſted meat is excellent, ſtuck with Cloves and Cinnamon, as alſo Bread that is hot, and ſprinkled with Malligo or ſome principal Wine.

For the ſame purpoſe may Oyls be provided with no great labour, from Spices, and very cheap, to anoint the Noſtrils & the heart, if there be made, with clear common Oyl without dregs, and the Pouder of Cinnamon or Cloves, a matter like to Liquid Pitch; which muſt ſtand ſome days in a cloſe Veſſel, and then be put into a Preſs and preſſed forth.

Such

Such as eaſe pain are threefold: namely ſuch as cure by taking away the cauſe of pain; proper Anodynes, which letting the cauſe alone, yet aſſwage the ſenſe of the part; and ſtupefactives, that wholy take away the feeling of it, or elſe caſt the ſick into a ſleep.

Thoſe that cure, belong not to this place, for they are as large in extent as diſeaſes and the cauſes of them, by which the continuity of the part may be diſſolved.

Proper Anodynes are, Marſh-mallows, ſweet Almonds, warm water, Dill, green Chamomel, Fenugreek, Linſeed, Mallows, Melilot, Yolks of Eggs, fat Broth.

Beſides theſe, for Fomentations outwardly, are convenient, living creatures their entrals being taken out whilſt they are hot, the Lungs and the kel, of living creatures, water and Oyl, greaſy Wooll, Sheeps Milk and Cows Milk hot, wheaten Bread moderately baked and yet hot.

For Unguents, Hogs fat, Hens fat, Calfs fat, Mans fat, Butter, Suet, Mucilage of Lin-ſeed Mallows, Marſh-Mallows,

Mallows, Fenugreek, and Oyls made of the ſaid Herbs and Seeds Boyled in them.

But beſide common anodines, there are ſome others that do properly belong to ſome certain parts, which therefore may be called ſpecifical anodines.

For the pain of the Head from what cauſe ſoever, this Oyl is moſt effectual.

Take *the Juyce of Vervain very well purified two pound, ſimple Oyl of Roſes one pound.*

Diſtil it at a gentle fire of Embers, let the diſtilled Liquor be poured on again, and diſtilled again, and ſo do three times; for the Juyce will mingle with the Oyl inſeparably, and in that, being warm, dip in a Linnen Clout to lay to the Forehead, and anoint the Sutures.

For pain of the Teeth. The Oyl of Box diſtilled by deſent is extolled.

For the pain of the Chollick, a ſure remedy is, one dram of a Mans Skull prepared, and taken with one ſcruple of Annis Seeds, in a cold cauſe: but with Coriander Seed if the cauſe be hot.

Alſo the pouder of the Teſticles of a gelded Horſe, taken to one dram, after the ſame faſhion.

This Oyl is exceeding good for the pain of the Hemorroids.

Take *Fig-wort four ounces, great Celondine two ounces, the Sponges that grow on the ſweet Eglantine, in number four, Seed of Agnus Caſtus two drams, common Oyl two pound.* Cut the Roots, bruiſe the reſt groſſly, ſet them in the Sun for a month, and keep them for uſe: Or infuſe them for eight days in a hot place; then Boyl them til the moiſture be conſumed, and make expreſſion, and after that ſtrain them.

For pain of the Breaſt, the Oyl of Lin-ſeed drank two or three ounces is ſingular.

For pain of the Joynts this Fomentation is approved.

Take *Leaves of Mallows, Dwarf-Elder and Plantain, of each one handful, Smiths Water two pound.* Boyl them to the Conſumption of a third part: preſs them out and ſtrain them, and diſſolve in the Liquor, Salt-peeter purged with Brimſtone (which they cal Salt of Prunella) half

half an ounce, and dip a Linnen Cloth in it and lay it hot to the part.

Narcoticks indeed laid to the part do ſtupefie, but being taken or ſmelt to, or applyed to the head, they cauſe ſleep. They differ in the intenſion of their quality, from properly called ſleeping Medicaments, becauſe theſe by their moderate coldneſs and moiſture procure ſleep, but thoſe by the exceſs of both qualities bring out deep ſleep, and if they be uſed too largely they cauſe Carus and Apoplexy.

Yet there is ſome degrees of theſe Narcoticks, for ſome are more gentle, the uſe thereof is not ſo dangerous; ſome are more violent, which muſt not be uſed but upon very urgent pains and watchings.

The more gentle to be uſed inwardly, are white Poppy Seed, to about one dram; but outwardly in Lotions, the Leaves of Garden Night-ſhade and Poppy.

The more violent, are Hemlock, white Henbane, *Mandragora*, *Opium*, round *Stramonium*; Black Henbane, and long *Stramonium*, are beſt to be let

alone, by reaſon of the great hurt they do to the Bowels.

Of others, are made fit ſents and Lotious for the Feet and the Head; but inwardly, only *Opium*, and round *Stramonium*, may be uſed.

The Seed of *Stramonium* is given in ſubſtance from half a ſcruple to one ſcruple, or thereabouts; but infuſed from one ſcruple to two ſcruples, it is corrected with good Wine.

*Opium* is given from two grains to five, corrected with Saffron, or Pepper, and ſo made into a Pill, or infuſed in the beſt Wine. *Oriental Opium* is ſomthing ſtronger than *Opium* of our Country; but becauſe outlandiſh *Opium* is often brought to us Sophiſticated, and ſometimes is ſold very deer, it were better to make it pure of our own Country; Poppy, after the way that *Quercitanus* hath taught us. Take what quantity you pleaſe of Garden Poppy Heads, that carrieth a red flower, ſo ſoon as the firſt flowers appear diſplaied; bruiſe them in a Stone Morter with a woodden Peſtle: put the matter into a ſpacious Glaſs, and pour on ſo much

of

of the beſt white Wine Vineger, til the matter be very wel wet, & the Vineger ſwim above al, two fingers breadth; let them digeſt for about fifteen daies, and when the Vineger grows red intenſively, put the matter into a Linnen Bag, and preſs it out ſtrongly: what is expreſſed let it Evaporate at a gentle fire to the conſiſtence of Honey, and whilſt it is yet hot, caſt it into cold water, that it may Congulate; then take it out and wipe off the moiſture.

But of compounds there are two that are the beſt, and eaſieſt to be provided of all that are found in ſhops.

The firſt is of Guajnerus for outward uſe.

Take Opium, *Juyce of Henbane, Juyce of Mandragora, of unripe Mulberries, Lettice, and of Ivy Tree, of each one ounce.* Diſſolve the *Opium* in the Juyces, when that is diſſolved, wet a Sponge in it, and dry it again, at the Sun, for fifteen daies, when you would uſe it, dip your Sponge in warm water, and put it to the Noſe of the Patient, this Sponge will keep its vertue for ſome years.

The other ſerves for internal uſes,

namely *Laudanum*, which in two daies time may be made. Thus,

Take *the extract of Saffron one ſcruple, the extract of the ſpecies of Diamoſchu two ſcruples, extract of* Opium *prepared four ſcruples.* Mingle them, *and with three drops of diſtilled Oyl of Cloves, ſoften it.*

The Saffron and ſpecies are extracted with *Aqua vitæ*, but the *Opium* with diſtilled Vineger.

*Opium* alſo is prepared, if it be cut thin, and dried at a gentle heat, ſo long until it will fume no longer, and being rubbed between the Fingers, will crumble to Pouder: the Doſe of this is from about one grain and an half, to five grains; it eaſeth pains, ſtops long Watchings, and ſtaies immoderate and ſharp Fluxes.

Alſo Narcoticks provoke ſleep, but far more vehemently than true ſleeping remedies do, by ſo much as deep ſleep requires ſtronger means than ſleep doth: whence it is, that when true ſleeping Medicaments will not prevail, we are forced to uſe Narcoticks or heavy ſleeping remedies now mentioned.

True

True ſleeping Remedies, are, ſweet Almonds, and the Emulſions of them, all ſorts of Milk, Garden Lettice, freſh Moſs of Trees, Water Lillies, great Houſleek, Blew Violets, Venus Navel, and ſmal Wine mixed well with pure Water: the Exhibition of theſe is ſeveral.

Fleſh Broths are altered with Lettice and Violets.

An Emulſion of ſweet Almonds is made with the Decoction of Lettice; Lettice is eaten Boyled, ſeaſoned with the Juyce of Oranges, or Pome-citrons, or Lemmons.

Decoctions are made of Herbs for Lotions of the Head and Feet.

Alſo an unguent may be made to anoint the Noſtrils and the temples, ſuddenly with Oyl. thus,

Take *theſe Herbs, Lettice, Water Lillies, great Houſleek, Garden Night-ſhade, of each one handful: common Oyl eight ounces.* Boyl them at a gentle fire, til the moiſture be conſumed; preſs them out, and ſtrain them.

The Oyl of Violets and Water Lillies of the ſhops ſerve for the ſame uſe.

All thoſe things ſerve to ſtop Fluxes, which ſtay the matter that is moved with an ill motion; by repelling it, pulling it back, intercepting it, and binds up the paſſages; therefore they belong not to this place.

Thoſe things that are moſt proper to ſtay Fluxes, ſhall be mentioned in the Catalogue of aſtringents.

There remains therefore, to number up thoſe Medicaments that drive away Diſeaſes; the uſe whereof is moſt fit after the cauſes that are urgent are taken away: now of Diſeaſes there are three general Heads; Diſtemper, ill Conformation, and Unity diſſolved.

## *Medicaments that alter a Sick diſtemper of the whole Body, and of the Parts.*

Though there be eight ſickly kinds of diſtempers, four that are ſimple, and ſo many Compound; yet it is not neceſſary to make eight ſorts of altering Medicaments.

Firſt, Becauſe Compound diſtempers

are

are cured with ſimples that alter, being mingled together, and ſo as need requireth they make a Compound quality; then becauſe amongſt ſimple qualities, moiſture and drineſs are commonly taken away with hot or cold remedies; for Excrementitious moiſture is cured, both with hot things that rareſie and conſume, as alſo by cold things that preſs out, and by dry things of both kinds that ſtay moiſture.

But ſickly drineſs, being it preſuppoſeth a want of native moiſture, which cannot be reſtored with Phyſick, but with Nutriment, is better cured by good Diet, and ſome heat reſtored in the part that is dried, by the benefit whereof the blood may be drawn thither, and more eaſily digeſted. Therefore it will be ſufficient to ſet down Medicaments that heat the parts that are over cooled, and ſuch as cool the parts over heated: for both theſe being mingled together, it will be an eaſie matter to Compound an active, temperate remedy, and which is, amongſt the paſſives, moiſt and dry, as neceſſity and the diſtemper that muſt

be

be removed, ſhall require.

Moreover, ſeeing there are two kinds of altering Medicaments, ſome are certain, by which ſome certain parts ſeem to be moſt affected; others are uncertain, which work indifferently upon the whole Body; it will be ſufficient to propound ſuch altering Remedies that are certain; becauſe the diſtemper of the whole Body, follows the hurt of ſome Principal part, the Remedies whereof bring help alſo to the whole Body.

Certain altering Remedies take their name from the part which they help: Cephalicks, are for the Head, Ophthalmicks for the Eyes, Arthriticks for the Joynts, Neuroticks for the Nerves, Pneumonicks for the parts of Breathing, Cordials for the Heart, Stomachicks for the Stomach, Hepaticks for the Liver, Splenetick for the Spleen, Nephriticks for the Reins, Hiſtericks for the Matrix.

*Medicaments that alter the Head.*

Hot Cephalicks, and ſuch as are convenient

convenient for the Head that is over cooled, the most Obvious are these: Southernwood, Betony, Box-Wood, Calamint, Germander, Hyssop, Bay-Leaves and Berries, Lavender, Marjoram, Piony, Rosemary, Garden Rue, and Water-Rue, Sage, Savory, wild Time, *Stœchas*, Time, Misleto of the Oak, wild Setwal Root, Water of hot Baths of Brimstone drank in due order.

Of these may be made Decoctions, Electuaries, and Medicinal Wines, in the place of Confections and Conserves of the shops.

For Example.

Take *the Filing of Box Wood two ounces: Misleto of the Oak cut very smal, one ounce: common Water six pound.* Make infusion for fifteen hours, afterwards add, *Leaves of Betony, Calamint, Marjoram, Sage, of each one handful: Root of Piony half an ounce: Bay Berries two drams.* Make Decoction at a gentle fire, til a third part be consumed; then strain it, and give half a pound of it at once for some daies together.

The Antients, in the cure of a distemper that was not very new, administred

niſtred their medicaments for about four days together, by whoſe example we do uſually proceed now.

Example of an Electuary.

Take Betony, Calamint, Germander, Marjoram, Roſemary, Sage, of each one handful, Savory, Hyſop; of each one pugil: Bay-berries and Frankinſence, of each two drams: clarified Honey four times as much: mingle them, and make an Electuary.

Give about two drams of it for many days, either before you give the decoction, or when you go to bed.

Medicinal Wines are more commended, made of the infuſion of Roſemary and Sage.

Outwardly Lotions and droppings down, either of Brimſtony bath waters, or of the Decoctions of the Herbs before mentioned, chiefly prepared in a Lixivium, to which you may ad roots of reed, leaves of Aſarum, and Ivy of the wal.

Of the ſame Herbs, adding a quantity of Frankinſence, may pouders be prepared to ſtrew on the ſutures.

Alſo fume of Time and Marjoram taken

taken by a pipe, is good, the ſame way that men take Tobacco.

Laſtly, Oyls may be made of the decoctions of the ſame hearbs, to anoynt the Noſtrills, the Temples, and the Sutures.

Theſe cool what is over hot; Black-Cherries, the ſkul of man burnt, barly, flowers of Privet, Purſlain, Roſes, flowers of Willows, the tendrells of Vines, and al things that procure ſleep, of which decoctions may be made.

The water of Iron baths rightly uſed is excellent.

Outwardly frontalls are made of Paſca, chiefly altered with Willow leaves, Myrtills, Lettice, Violets, Night-ſhade.

Irrigations for the Head, are made of the ſame decoction or of warm Milk.

Oxyrhodina are made of Oyl of Roſes, and Violets with a fourth part of Vineger.

Sents are provided of Roſes and Violets. Vineger altered with theſe flowers is moſt uſeful, adding a little Camphier.

Alſo

Alſo Oyl made by inſolation, of the flowers of Willows, for to anoynt the Noſtrills, and Temples, is commended.

### *Altering Remedies for the Eyes.*

For Eyes that are overcooled, with, or without any defluxions of thick matter, theſe things are convenient. Great Celondine, Eye-bright, Fennel, Garden rue, Vervain, whereof are made decoctions and Electuaries for neceſſary internal uſes.

The uſe of Wine altered with Eye-bright is approved.

Fomentations to uſe outwardly are made of the ſaid Decoctions, to which Pimpernel may well be added, & Fenugreek wel waſhed, alſo a little Saffron and *Aqua vitæ*.

So a Fomentation of Sea water is good with a little Saffron in it.

This following Collyrium is ſingular, to ſtrengthen the Eyes, and to diſcuſs al clouds and ſuffuſions confirmed, alſo for al cold defluxions, what affection ſoever

ſoever they have brought upon the Eyes.

Take Malligo Wine three pound, Wheat corns and Fennel ſeed, of each half a handful, choice Cinnamon bruiſed two drams, Cloves beaten four ſcruples, Leaves of Rue and tops of Bays half a Pugil; make infuſion for a Natural day, then boyl them at a very ſoft fire til a fift part be conſumed, ſtrayn it out, ad two drams of Tutty prepared; mingle them, and when you would uſe it, ſhake the Decoction and trouble it; if it be provided for a Cloud and a Pin and Web, ſet it up in a braſen veſſel, otherwiſe keep it in a Glaſs for your uſe.

For Eyes overheat, Cephalick remedies for internal uſes are convenient.

For outward uſes a Fomentation, and frequent dropping in of warm Milk is good, wherein Frankinſence ſet on fire is quenched.

If the flux be very ſharp ad the fourth part of the white of an Egg.

When the payn is urgent and the defluxion very ſharp, put in a little of the emulſion of white Poppie ſeed, made of the ſame milk. Alſo

Alſo make a Cataplaſm of a ſweet Apple boyled in milk and bruiſed, which wil ſurely help.

So Fomentations of warm river water in which Frankinſence hath been quenched ſometimes, are good.

## *Arthritick Remedies.*

For the Joynts that are over cooled, theſe are convenient. Chamæpytis or ground Pine, Juniper-wood and berries, Helichryſon, Maſtich-wood, al kind of Rozins, chiefly of Turpentine, Sage, and the Root of pricking Eindweed.

Amongſt Compound Medicaments two are excellent: the firſt is the uſe of Turpentine for about fifteen daies, mingled with Groundpine and made up into Bolus. Thus,

Take *Ground pine two drams, Turpentine two drams.* Mingle theſe, and make a Bolus to take at once.

If the Body be over moiſt, it will do well to mingle with them half a ſcruple of

of Troches of Vipers, or some of the Pouders of Vipers Described: these Boles are given alone, or about half an hour before the taking of some convenient Decoction.

Another Decoction is made of the Wood of the Mastick Tree, to be taken for many daies, with a slender Diet, as necessity shall require, as for Example.

Take *Mastick Wood two ounces, Juniper or Misleto of the Oke, one ounce, Fountain Water six pound.* Cut the Ingredients and infuse them for a natural day: then add *Leaves of Betony, Herb Ivy, Rosemary, of each one handful.* Boyl them at a soft fire til a third part be consumed, then strain it, the Dose is seven ounces at a time.

Outwardly are convenient, Baths and mud of hot Baths, of Brimstone and Alum.

Also Fomentations, of the best Red Wine altered with Herb Ivy, Dwarf-Elder, Rosemary, Tobacco, and the Leaves of Mirtils, adding a little Salt and Alum.

Anointings also with Fox Grease.

Then to ſtrengthen the Joynts, the Mother of the Wine being hot, and rubbing of them with Old Oyl and a fourth part of Salt is approved.

The Turks with good ſucees do Burn their Joynts, but it is with a gentle fire not too troubleſome, for they dip a Linnen Cloath in *Aqua vitæ*, which they ſet on fire and lay it to the Joynt, and ſo extinguiſh it.

It is approved, that the pains of the Joynts though they be Old, are either cured altogether by the uſe of the following *Aqua vitæ*, or elſe are made far more gentle, and leſs frequent.

Take *the tops and Flowers of Roſemary two parts*, Aqua vitæ *rectified three parts*. Make infuſion in a Veſſel very wel ſtopt for fifty hours; then diſtil it in *Balneo*, the Veſſels being faſt luted on all ſides. Take one dram of this Water, or one ſpoonful once every week, and every morning waſh your face with it and the Joynt affected.

For the Joynts that are over hot theſe are convenient inwardly; Mens Bones Burnt, mingled with other coolers, to about one dram.

Alſo

Alſo the Decoction of the Wood of Maſtick Tree, with Roſes and Mirtil Leaves added to it.

Outwardly, *Poſca* is good, chiefly with Roſe Vineger and rain water Steeled, or with Smiths Water, altered with Roſes, Vine Leaves, and Mirtils; to which with profit may be added to diſcuſs the Humor, a part of the ſtone Prunella.

For to anoint; the Oyl of Roſes, Mirtils and of Frogs is uſeful.

Alſo Remedies are preſently made by Decoction, of the ſame Ingredients.

Such a Liniment will be very profitable to aſſwage pain proceeding from a hot and ſharp defluxion.

Take *Oyl of Roſes and Mirtils of each one ounce, the Mucilage of the Seed of Quinſes, Flea-ſeed and Mallows, of each two drams, Wax waſhed often in Fountain Water, half an ounce.* Mingle them, and make a Liniment.

*Remedies for the Nerves.*

For the Nerves over cooled, eſpeci-

ally theſe are profitable, Germander, Caſtoreum, the Brain of a Hare roſted, leſſer Centory, Root of St. Johns-wort, Lavender, Mirrh, Pine Kernels, Dog Fennel, Primroſe, Italian Spik, Sage, and Pitch-ſmelling-Treſoly.

Of theſe things, ſome are compounded moſt effectual; but eſpecially a Decoction, ſuch as is, that deſcribed for the Joynts, adding to it Germander, and Primroſes.

Alſo a Bolus of Turpentine, with about one dram of the roaſted Brains of a Hare, and about one ſcruple of Caſtoreum.

Outwardly theſe have ſingular uſe; Baths and Mud of hot Baths, that are Bitumenous and of Brimſtone.

Alſo Fomentations of ſtrong Wine altered with the ſaid Herbs, adding a little *Aqua vitæ*.

For Oyntments, Oyls are made of the Decoctions of the ſaid Herbs, wherein ſome quantity of Earth-Worms waſhed in white Wine, hath been Boyled.

Two ſingular Liniments are made for the cold affects of the ſinews, whereof the one is excellent for the Cramp that comes

comes of Repletion, the other for the Palsey, astonishment and trembling.

The first is made of Stellions. Thus.

Take *Stellions*, five in number, or in the room of them green Lizards: infuse them alive in *Oyl of Chamomel, eight ounces*; and when they are dead, let them Boyl in it, til their flesh be consumed, then press all out, to which add the third part of the dripping of a roasted Goose, that was filled with Frankinsence, Lard, Mirrh and a little Saffron.

Another is provided of Goose Grease thus.

Take *Leaves of Germander, Herb Ivy, Sage, Primrose, Lavender, St. Johns-wort, of each one handful, grains of Juniper half an ounce, Mirrh and Frankinsence of each three drams, Castoreum one dram and an half, Saffron half a dram.* Moisten the Herbs with *Aqua vitæ*, then buise them, and with all these make a stuffing, to stuff the Goose full withall, and stick her with smal sticks of Cinnamon, then rost her on a Spit: gather the dripping up, and when no more will drop, cut up the Goose, and Boyl her in white Wine

for an hour, take off all the fat that ſwims on the top, and mingle with the former dripping.

Some aſcribe ſo much to Oyl of Earth Worms waſhed in ſtrong Wine and then diſtilled in the Sand; that they affirm a Palſey may be cured by this only.

To Sinews that are over heat the ſame things are convenient, that were ſet down for the Joynts, except only burnt Bones.

## *Remedies for the parts of Breathing.*

Theſe Remedies, both hot and cold, which bring forth the matter that ſticks in the paſſages of Reſpiration, were ſet downe in the Catalogue of thoſe things that Evacuate the Breaſt by Spittle: for the ſame may be fitted to correct the diſtempers of the Lungs, but beſides thoſe, ſome things are Peculiarly good to heat and dry the Breaſt.

The Waters of hot Baths that proceed from Brimſtone, Drunk.

Some

Some Figs ſteeped in *Aqua vitæ*, until they ſwel, Eaten when the Stomach is empty, and as one goes to bed.

The Decoction of *Enula Campanæ*, Coltsfoot, Hyſop, Hore Hound, Lungwort, Savory, Time.

The Decoction wil be the better, if it be made with an Old Cock that is ſtuffed with theſe Herbs: alſo ful ſweet Metheglin will be altered with the ſame very fitly for ordinary drink, or elſe make an Oxymel with them, and take two ounces every morning.

Alſo ſweet Wine is excellent, if it be altered with Hyſop or Time.

But the uſe of Brimſtone exceeds them all, and of Turpentine, or ſome kind of Roſin, but chiefly of the Larch, or the Firr Tree.

Give daily, one dram of Brimſtone, but eſpecially, that which is prepared, and brought into fine Pouder taken in a rear Egg.

Roſin is given to two drams, which is better if it be drank hot, diſſolved in two ounces of Oxymel.

Outwardly are convenient, Brimſtony Baths, and to ſtay long about ſuch Baths

of Brimſtone, in an Aire that is ful of hot Vapours, and that have a drying force.

Or lay Cataplaſms to the breaſt, of Meal of Fenugreek, Melilot, Pouder of Hyſop, Calamint, and ſome Brimſtone mingled with Honey, and with white Wine and Lin-ſeed Oyl in a juſt quantity.

To a Breaſt that is over-heat; theſe do good, beſides what was ſet down before, to expectorate Salt flegm, to drink Mineral Waters that proceed from Copper and Vitriol, as alſo from Iron and Steel.

Uſe of Milk, unleſs ſome Diſtillation hinder, and the Decoction either of Red Sanders, or Roſe Wood, eſpecially of the Root, to be drank for many daies, with a thin Diet enclining to cold, chiefly of Barley, and the four great cold Seeds,

The Decoction may be of this faſhion. Take *Red Sanders, or Roſe Wood, cut ſmal, five ounces, Roots of Succory and Barley, of each half an ounce, Fountain Water Steeled two pound.* Make infuſion fifteen hours, then ſet them Boyl til half be con-

ſumed,

ſumed, ſtrain them to drink at twice.

By the uſe of this Decoction; hot bodies that are ſubject to a Conſumption may be preſerved from it, as alſo from Spitting of Blood that is like to follow.

Alſo the frequent uſe of Conſerve of Roſes at going to bed is commended, as alſo taken in the morning on an empty Stomach, eſpecially if ſome drops of tart ſpirits of Brimſtone be put to it.

For outward cooling, it is ſufficient to anoint with Oyl or Unguent, made of Violets.

## *Cordials.*

There are many Cordialls to be made of the Antidotes that are preſcribed againſt poyſons that are taken, but all that I propounded were only preſervatives againſt Malignant Feavers and the Plague; but beſides theſe, there are ſome that are convenient for the heart that is over cooled, as Spices of al ſorts, Pills of Oranges, ſweet Angelica, Mary-golds, Mountain Calamint, Clove-

Clove-gelli-flowers, the Herb Cardiaca, Herb Bennet, Lillies of the Valleys, Ground Ivy, Lavender, Balm, Mints, all ſorts of Bazil, Root of Butter Burr, Roſemary, Spik of *France*, and *Italy*, Mead ſweet.

Of theſe, Syrups may be made, Decoctions, Electuaries, alſo Pouders, and Spices to be ſtrewd on meats.

The beſt for this purpoſe are the Compounds ſet down before, for Poyſons taken, and ſuch as are bred in the Body and bring a Malignant Feaver.

Alſo hot Remedies to refreſh the ſpirits that I alſo propounded.

So there may be a Phyſical Wine provided which is of it ſelf a great friend to the Heart, for example.

Take *Herbs*, *Mount Calamint*, Carduus Sanctus, *Scordium*, *Goats Rue*, *Lavender*, *Balm*, *Roſemary*, *of each one handful*, *Roots of Avens*, *white Dictamni*, *Maiſter-wort*, *Orange Pills*, *of each one ounce*, *Mirrh*, *Cinnamon*, *Cloves*, *of each half an ounce*, *Saffron one dram* Beat them apart into Pouder, then put them into an Hippocras bag, and poure on the Pouder, the moſt pleaſant

pleaſant white Wine ſix pound, five or ſix times: of this Wine you may give about two ounces at once; if you poure on *Aqua vitæ* ſo, the Remedy will be more effectual; and the Doſe will be to one ſpoonful.

For outward Remedies, prepare bags of the ſaid Herbs, and Spices, to be worn on the Region of the Heart.

Alſo Fomentations of Spiced Wines altered with the ſame things, alwaies adding ſome Saffron to make them penetrate the more.

Laſtly, Unctions may be made with Oyls made of the Decoctions of the ſame ſimples, or Spiced Oyls made the ſame way, and you ſhall find this in the Title of thoſe things that refreſh the ſpirits.

For the Heart over heat, thoſe things are convenient that are more temperate, that were ſet down againſt Malignant Feavers, and beſides thoſe, Ivory, flowers of Willows, Mother of Pearl prepared, Mirtils, Water Lillies, the Bone of a Stags Heart, ſweet Apples, Roſes, Sanders, Violets

Of theſe you have ſome Compounds amongſt

amongſt the Antidotes againſt Peſtilent Feavers.

Alſo the uſe of Conſerves of Violets or Roſes will be moſt profitable, with one ſcruple of the Salt of the Mother of Pearls, for one Doſe.

The Salt is thus made, diſſolve the Mother of Pearl Burnt, in hot Water of Borrage; adding a part of Roſe Vineger, then diſtill them by filtring, and laſtly Coagulate them, making away al the moiſture by Evaporating it.

Externally Epithems are made of the water of flowers of Willows, Roſes, water Lillies, adding the Juyce of Citrons or Lemmons, or Roſe Vineger to make them penetrate, and if Camphire can be had readily, put in four or five grains of it. Inſtead of Water you may take the Decoctions of Borrage, Biſtort, Blew-bottles, Water Lillies and Violets with the ſame Juyce, with Roſe Vineger.

*Stomach Remedies.*

The chief heating Stomach Remedies,

dies, and easiest to be got are, all sorts of Wormwood, but especially the common, and the Sea wormwood, the Pills of Oranges and Citrons and the Seeds; bitter Almonds, Gentian the less, Mints, Origanum, Rosemary, and all Spices, amongst which the best are Zedoary, Ginger, Galangal, and Pepper.

Of Compounds, easie to procure, wormwood Wine and Oxymel of wormwood are approved.

*Aqua vitæ* altered by steeping wormwood in it that was dried in the shade, adding some Spices if you please.

The best Wine (such as may be made, being poured through Spices, sweet Seeds, or the foresaid simples bruised) to be taken the quantity of two drams for many daies, fasting, with one or two grains of Pepper grosely beaten.

Also it is good to drink the Water of hot Baths that come from Brimstone; such an Oxymel is most profitable, if you give every day one spoonful, or some other.

Take *Herbs, Wormwood, Calamint, Rosemary, Mints, of each one handful; Pills*

*of*

*of Oranges or Citrons, one ounce, Seeds of Annis and Cinnamon, of each one dram, Honey, one pound, the beſt white Wine, half a pound.* Boyl all at a ſoft fire til the Honey be wel clarified: to the ſtrained Liquor, add the beſt Vineger half a pound, Boyl them to a Syrup; when it is cold, caſt in Ginger finely poudered two drams.

Alſo it it ſingular good to take every day in a rear Egg about one dram of Maſtich in Pouder, with a little Ginger of Zedoary.

Outwardly, it is profitable to drop down the Water of Baths of Brimſtone, which, when thoſe waters are wanting, may be prepared of Wine, eſpecially the beſt red Wine that is altered with the ſaid Herbs; of which alſo may be made Fomentations.

The common people uſe to make excellent Fomentation: of common wormwood, Mints, Origanum, Calamint, Lavender, of each one handful, tops of Roſemary, half a handful, common Oyl, and Spiced Wine, of each one pound, let them Boyl at a ſoft fire til the moiſture be conſumed, preſs them out,

out, and ſtrain them, ſo keep them for uſe.

For the Stomach over heat theſe are good, the Juyce of Oranges, ſoure Grapes, Barberies, ſharp Cherries, the fruit of Cornus, Quinſes, the Juyce of ſoure Pomegranates, the flowers of the wild Vine, Hypociſtis, ſharp Apples, unripe Mulberries, ſharp Pears, wild Plums, and the Juyce of them, baſtard Corinths, Roſes, Services, the Juyce of Rhus or Sumach, Sorrel, Trifoly, Gooſeberries, ſharp Wine well mingled with water.

You may give the Juyce or Decoctions of the ſaid fruit and Herbs, with an Emulſion of the four great cold Seeds.

Alſo it is very convenient to give Aſſes or Goats Milk tempered with about a fixt part of ſome of the ſaid Juyces, leaſt it change into a burnt ſmel.

Moreover, to drink of Bath waters that proceed from Copper, or Vitriol, or Iron, is wel approved; ſuch waters as are in *Italy*, are called *Chalderianæ*, *Lucenſes*, *Niceranæ*, and the *Bleſſed Vrrgin in Mount Ortho.* Outwardly,

Outwardly, Fomentations may be uſed, and Epithems, or the Decoction of Roſes, Myrtles, flowers of wild Pomegranates, Quinces, Pomegranate Rinds, Hypociſtis, the wild Vine, adding to them ſome Roſe vineger.

A moſt profitable Plaiſter may be made of the pulp of a Quince, boyled in Rain water, or ſteeled water, ſprinkled with a little pouder of maſtich and red Roſes. Inſtead of Quinces, you may take ſharp Apples.

Ointments may be made of Oyl boyled with the ſaid Herbs, til the moiſture be conſumed; alwaies adding a little wax, waſhed ſomtimes in *Poſca*, that the force of the Remedy may ſtick the longer to the place affected.

For a dried Stomach, where there is want of inbred heat, nothing is better than milk taken for many daies, about five or ſix hours before meat. You muſt take it by degrees from four ounces to ſix ounces or thereabouts, new milked, and with about a fourth part of Honey that it Wax not ſoure.

Outwardly, Fomentations are good made chiefly of Oyls, that are not very hot

hot, or else received into moist Wool.

Also Pications are useful, made with Pitch melted with a little Oyl of Wormwood, and laid upon the part until it wax a little red; in the mean time the Stomach must be cherished with a yong Puppy, or your own hand, or a yong Maid lying upon it all the night.

### *Remedies that alter the Intestines.*

The same Remedies almost are good for the Intrals, as are for the Stomach, by reason of the Affinity of Parts, and Propriety of their Substance.

But for the Intestines over cooled, as it fals out often in the Collick, especially these do profit: Cummin Seed, Bayberries, Rue, and the Pils of Oranges; the Pouder of them may be given to one dram in spiced Wine, or an Emulsion of the Seed of Citrons, or Oranges.

The most commendable is, Wine that is made Physical with the long steeping of Orange Pils, both to cure

the pains of the Collick, and to preſerve one from it, if it be dayly uſed.

*Theriaca Diateſſaron*, is excellent for the ſame, as it is deſcribed amongſt the Antidotes; one dram of it given alone, or with ſpiced Wine.

The ſame things may be given in Clyſters, in any of theſe forms; to which you may very wel add Oyl of Nuts, the Decoction of Coloquintida, and Turpentine, or Rozin of the Fir-tree, or Larch-tree, diſſolved in Oyl.

As for Example:

Take *the Decoction of Chamomel, Bay-Leaves, Colequintida bound up in a skin, one pound: Oyl of Bays, or Oyl of Nuts, three ounces: Crude Honey, and Turpentine, of each two drams: Common Salt two drams:* mingle them for a Clyſter.

Outwardly, Unctions of Oyl of Bays, and Rue, are principal good; as alſo the mud of Baths from Brimſtone.

For the Inteſtines over heat, theſe things are profitable: All things that cool the Stomach, and the Liver; but the chief are Bath-waters proceeding of Copper, and Vitriol, and Iron, drank with an empty Stomach.

Milk

Milk added to Clyſters, and often bathing the middle *Abdomen* with *Poſca*, that is ſomthing cold; with which Remedies the pains of the Inteſtines proceeding from thin, and moſt ſharp choller, are eaſily and ſoon abated.

For the Liver over cooled, theſe are convenient; Wormwood, Agrimony, Germander, al the Gentians, Lavender, the wood and berries of Juniper, Poley, French Spike, and Italian Spike, to which ad Spices, and the hotter Diureticks.

Amongſt Compounds, ſtrong Wines are moſt approved, made Phyſical with wormwood, and Spices, ſuch as were ſet down for the Stomach.

Alſo the Decoction of Juniper wood, is excellent, adding the tops of wormwood, which wil be more pleaſant if you add a quantity of clarified Honey, chiefly if it be boyled with the beſt wine to the conſiſtence of a Syrup; for by this means, divers Decoctions may be made of hot Diureticks and Spices, alwaies adding wormwood to them.

Outwardly, Fomentations will be good, made of ſpiced wine, altered with

the foreſaid Ingredients.

Alſo the mud of Baths that come from Brimſtone.

Oyntments are made with Oyls compounded of the ſame Simples by Decoction, ſuch as were deſcribed for the Stomach.

Laſtly, Little bags made of the ſame things put into a fine cloth, and worn upon the Region of the Liver.

But for the Liver over heat, theſe are the beſt amongſt Simples: Sorrel, Succory, the pulp and ſeeds of Gourds, Citruls, Endive, Liver-wort, Hawkweed, Barley, al ſorts of Docks, Lettice, Milk (if there be no obſtructions, nor a Feaver) chiefly that which is ſour; pulp and ſeeds of Apples, Purſlain, wild Endive, Sow-thiſtle, Dandelyon, Sorrel, Trefoyl, whey of milk alone, or with an Emulſion of the four great cold Seeds.

Decoctions are made of Herbs in water or broth, or the Juyces are preſſed out, which are kept til winter, both clarified and thickened: they are mingled from one ounce to two, with broth in winter time; but theſe from one or two

two drams, are either mingled, or made up into Bolus, or elſe are diſſolved in ſome Liquor.

Alſo Herbs are eaten, boyled after the manner of Pot-herbs, in water, or fleſh-broth.

A Ptiſan is made of Barley, which is made the more pleaſant, made white with the Seed of Melones or Gourds: the uſe whereof is good alſo in a Panatella.

To all theſe, Natural Mineral waters may be added, that proceed from Copper, Vitriol, or Iron, that were mentioned to temper the heat of the Stomach; for there is nothing better to cool the Liver, than the orderly drinking of theſe waters.

Outwardly Epithems are convenient, of Juyces, and the Decoctions, eſpecially of Cichory, and Sow-thiſtle, with an eight part of Roſe Vineger, or common Vineger, in which a little wormwood and Roſes have boyled.

Alſo an Oyl to anoint with, may be prepared of Violets and Roſes, which would be more effectual, made with the Decoction of the Herbs mentioned,

with common Oyl, til the moiſture be conſumed.

But a bath of ſweet water, is better than any Remedy, uſed for the whol body after due Evacuations, unleſs a Feaver hinder.

For the Spleen over cooled, theſe are proper Remedies; Seed of Agnus Caſtus, borrage, bugloſs, roots and rinds of Cappars, ſtone-fern, Dodder, root of Fern, ſeed and bark of Aſh-tree, Fumitory, the ripe berries of Ivy of the wal, Harts-tongue, the flower and root of Hops, root of water fern, Tamarisk, Time, Teucrium. The Pouder of theſe may be drank to one dram for forty dayes in wormwood wine, or ſteeled wine, or Smiths water.

Of theſe may be made Decoctions ſuddenly, Phyſick wines, and Electuaries.

The Decoctions of Aſh wood are excellent, and Tamarisk, Mountain Teucrium, and Germander, eſpecially made with water wherein new ſteel hath been quenched, or with Smiths water clarified.

Some make theſe Decoctions with vineger,

Vineger, but chiefly wherein Raiſins have been ſteeped, to diminiſh the Spleen that is grown too great: if Vineger of Squils be at hand, it were good to mix it with the Decoctions, to half a ſpoonful.

Wines are prepared by the infuſion of the ſame Herbs, and they wil be better, if you add ſteel that is prepared with Brimſtone, which preparation may be made ſuddenly, as for example.

Take *Leaves of Germander, Dodder, wall Ferne, Fumitary, Buglos, of each one handful, Seeds of Aſh, berries of Ivy of the Wall of each two drams, Time and Warmwood of each one pugil, Steel prepared one ounce, the beſt white Wine three pound.* Make infuſion in the Sun or ſome hot place for eight daies, ſtirring the matter alwaies once and again; then ſtrain the Wine and take every day four ounces, four hours before meat, and before ordinary exerciſe.

Electuaries may be made of the ſame herbs, adding prepared Steel to them, or Ammoniacum, and four times ſo much Clarified Honey.

Some there are that aſcribe a wonderful

derful effect to Ivy berries poudered and mingled with honey to an Electuary, or drank in Wine or Broth of Chich Peaſe to one dram for forty daies.

Outwardly are convenient, Fomentations of the Decoctions of Emollient Herbs, adding thereto the Roots of Briony and Sowbread, Ivy Leaves, and Tobacco, dwarf Elder, and wormwood to corroborate the parts, with ſome quantity of white wine and vineger, in the end of the Decoction to make the better penetration.

The Fume of this Decoction received is good, by quenching in it a piece of a fire-ſtone, or a mil-ſtone.

Alſo Fomentations made of Hemp Yarn boyled in a ſtrong Lixivium, and being laid hot and moiſt to the part, are exceeding profitable.

Alſo the mud of Bitumenous Baths uſed for fifteen or twenty daies, is commended.

After Fomentations, let the parts be anointed with Oyls made ſuddenly, by boyling together, or elſe apart, Sowbread, Briony, Cappars, flowers of Broom,

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Broom, Tobacco, Ivy Leaves, Coloquintida, in common Oyl with white wine and vineger; til the moiſture be conſumed, adding ſome wormwood, or bitter Almonds to preſerve the ſtrength of the part.

After convenient uſe of Fomentations and Oyntments, apply a Cerate to the part, as that which is uſual, made of Ammoniacum diſſolved in Vineger of Squils, or provide ſomthing of the ſame faculty, of the pouders of the ſaid Simples, adding ſome little of the foreſaid Oyl, to a ſufficient quantity of the Pine-tree Rozin, or white Pitch, and new Wax.

Alſo Bee-glew is commended that is yet ſwelling with Honey, bruiſed by it ſelf to the form of a Plaiſter, adding a little Maſtich to help the ſtrength of the part.

To this place appertains a little bag, that is ſtuffed with equal parts of wild Cucumer, pulp of Coloquintida and wormwood laid to the Spleen.

Theſe cool the Spleen that is over-hot, the ſame that were propounded for the Liver; but there muſt be ſome temperate

temperate Attenuatives added to them; by reaſon of the thick Juyce the Spleen is nouriſhed with.

Such are, Strawberries, Maidenhair, Hops, Sparagus, Trichomanes, vineger, Smiths water clarified; with which Decoctions are altered, Fomentations and Epithems; not forgeting to add ſome wormwood to outward Remedies, to ſtrengthen the part.

The ſame things belong to the Reins and the Bladder, by reaſon of the community of their office, and nearneſs of the parts.

Therefore, for theſe overcooled, all thoſe hot Diureticks laid down in their proper place, are profitable.

Alſo Betony, Chamomel, the Root of long Cyperus, added to the Decoctions and Electuaries.

But theſe are judged to be better to heat the Urinary paſſages; water Baths that proceed from Brimſtone, drank, for many days together, faſting, to ſome pound weights; putting in ſome ſmal quantity of Annis Seed or Fennel or the like Diuretick in Pouder, for the firſt Cupp, or ſome Roſin of the Larch

or

or Firr Tree, to about two drams, taken in Bolus, either by it ſelf, or with ſome little Pouder of ſome of the hotter Diureticks.

Alſo white Wine of the beſt, altered with ſome of the hotter Diureticks is moſt convenient for this buſineſs.

Outwardly to ſit in waters of Baths, that proceed from ſulphur is an approved Remedy.

Fomentations of the Decoction of hot Diureticks, with hot white Wine.

Oyntments, with Oyl of Bays, or ſome ſuch like, prepared preſently; you have an example of it amongſt the Diureticks.

Cataplaſms are commended, made of Onions and Garlick Boyled with white Wine, and bruiſed, and laid on by themſelves, or ſprinkled with the Pouder of Cummin Seed or the like.

Clyſters made with the foreſaid Oyl are often to be given hot, and with Wine altered with Chamomel, Bay Leaves, Penniroyal, wild Time, and ſuch like heaters that cauſe Urin.

Add to all theſe ſtrong Motion, by riding, running, Walking; whereby the Region

Region of the Loyns is heated.

But for the Reins over-heat, theſe things profit inwardly; Decoctions of the fruit of Alkekengi, Marſh-mallows, Sorrel, Barley, Lettice, Mallows, water Lillies, Purſlain, Graſs, Roots of Sowthiſtles, with the Emulſions of the four great cold Seeds, or the Juyce of Lemmons.

Moreover Clarified Whey, with the Emulſion of the four cold Seeds.

Alſo ſteeled Milk unleſs ſome obſtruction of the Reins hinder it.

Drinking of ſharp Mineral waters, of Copper, Vitriol or Iron, ſuch are in *Italy* the *Lucenſes*, *Noceranæ*, *Chalderianæ*, and at *Padua*, of the bleſſed Virgin.

Alſo to eat Strawberries, Lemmons Melons, Citruls, Gourds, Barley, Lettice.

Outwardly, doth profit, a Bath, to ſit in of ſweet waters, chiefly altered with Violets, Pellitory of the wal, Lettice, Mallows, the Decoctions whereof are alſo profitably given in Clyſters.

In the place of Baths, Epithems are good of warm Milk, either alone, or with the Decoction of Mallows, or of the

the foreſaid Herbs, adding Juyce of Lemmons to them to make them penetrate.

When heat is urgent; add the Leaves of Houſleek, Garden night-ſhade, and Alkekengi, and ſometime of white Henbane, to the Decoction.

The moſt effectual is the Juyce preſſed out of the inward ſcrapings of the gourd, either alone, or laid on with other things.

Alſo ſudden Oyntments may be prepared of Oyls, wherein are Boyled, the flowers or Leaves of water Lillies, Blew Violets, Damaſk Roſes, green Frogs.

Upon urgent neceſſity, (which falls out in an exquiſite Diabetes) the Seeds of white Poppy, and white Henbane, out of which alſo Oyls are made by expreſſion, very effectual for the purpoſe.

Apply to the Reins, and the parts about, freſh Leaves of water Lillies, when the party goeth to bed, and let him wear in the day time, in the place of them, a thin plate of Lead, or a ſimple Cerate, made of Yellow Wax, often waſhed in Roſe water, or the ſaid

Decoctions

Decoctions and Cyls, which muſt be often taken off, leaſt growing hot by the Cloaths upon it, it may foſter the heat of the Reins.

### *Remedies for the Matrix.*

No cold things of themſelves are kindly to the Matrix (becauſe it is the place of generation) yet if it ſhall ſtand in need of them, when it is over heat, they are neceſſary for to help it, which are ſet ſown to help the Reins and the Liver; only with this caution that to outward Remedies, ſome things muſt be added that cheriſh the natural heat of it, and foſter its peculiar property.

But when it is over-cooled, theſe principally are convenient; amongſt common things, Mugwort, Angelica, Calamint, the Root of long Cyprus, Daucus, white Dictamny, Nip, Leaves and Berries of bays, Lavender, Fetherfew, Marjoram, Balm, Garden Mints, and wild Mints, and Greek Mints, Origanum, Poly, Penniroyal, Roſemary,

mary, Rue, Savory, Sage, wild Time, French and Italian Spik, ſweet Tanſey, Time, and all Spices, amongſt which the beſt are Cinnamon, Saffron, Galanga, Mirrh, Mace and Nutmeg.

The Pouder of theſe may be given, to one dram in Spiced Wine or Broth, or elſe Electuaries may be made of them, adding thrice as much of Clariſied Honey.

To this end ſerve all kind of Aromatical Spices, that may be had at cheap rates, of which take one dram in Wine.

But Decoctions and Phyſical Wines are preferred before other Medicaments, becauſe by reaſon of their moiſture they can more eaſily be conveyed to the Matrix.

The beſt Decoctions are made of Pidgeon Broth, the Belly of the Pidgeon being ſtuft with the ſaid ſimples, as for Example.

Take *Herbs, Calamint, Penniroyal, Balm, Mints, of each one handful, tops of Roſemary and Lavender, of each one pugil, Bay-berries, Nutmeg and Galanga, of each one dram.* Cut the Herbs and bruiſe the reſt groſsly, and

and put them together within the belly of a Pidgeon; then boyl them in water ſufficient at a very ſoft fire, until the fleſh be perfectly boyled; then preſs all out ſtrongly, and ſtrain it: give two ounces of it, or thereabouts, daily for many daies.

Phyſick Wines are made by the Infuſion of the ſaid Ingredients, or by thrice pouring the wine upon the ſaid pouders put into a long bag.

Women uſe to provide Wines by Decoction, and that preſently, but they are not ſo effectual, becauſe the thinner parts are evaporated.

Alſo to drink the water of Baths from Brimſtone ſeaſonably, doth wonderfully maintain and correct the heat of the Matrix.

Outwardly do profit, Inſeſſions, Bath waters from Brimſtone, or Baths altered with the ſaid Herbs, putting into the Matrix a hollow Pipe, that by that, the force of the Medicament may come to it.

The ſame Liquors, as alſo Phyſical Wines are conveniently uſed, conveied by injections to the ſecrets.

Alſo

Alſo Fumigations of Spices and ſweet Herbs are good.

Peſſaries are commended, ſuch as may be preſently provided, Thus.

Take *the Pouder of Bay-berries and Rue, of each one dram, Mirrh half a dram, Juyce of Fetherfew or Peniroyal or Spiced Wine one ounce.* Mingle them, and with carded Wooll or Cotton make a peſſary. *Or,*

Take *the beſt Honey one ounce, Juyce of Mugwort half an ounce.* Boyl them to a fit conſiſtence, then add Pouder of Galanga, or the Spices of vulgar Aromaticks one dram: mingle them for a peſſary.

Alſo Fomentations muſt be applyed to the lower part of the Belly, with Spounges, preſſed out with mineral waters, or of the Decoctions of the foreſaid ſimples, chiefly in ſtrong Wine.

But no Fomentation is better, than the mud of hot Baths applyed to that part for ſome daies.

Anoint the ſame place with Oyl of Spik, Bays, Rue, and other things made of the Decoction of the ſaid ſimples, as for example.

Take *Herbs Calamint, Marjoram, Fe-*

*therfew, Mints, Lavender, of each one handful, Bay-berries and Galanga, of each two drams.* Pound what muſt be pounded, and infuſe all in one pound and an half of common Oyl and half a pound of Spiced Wine for ſix hours, then Boyl them at a ſoft fire till the moiſture be conſumed.

Some aſcribe a peculiar vertue to ſtrengthen the Matrix, to Santoline, which *Matthiolus* makes to be Fœmale Southernwood.

And theſe are the moſt common and ready Remedies to alter, whereby the diſtemper of every part, and of the whole Body may be corrected.

## *Remedies of Diſeaſes in ill Conformation.*

Due Conformation, convenient Magnitude of the Similary parts, of which the Organ conſiſts, do make the Conſtitution of the Organ; alſo convenient and fit number to which apt connexion is referred: therefore we ſhall Recite four chief heads of faulty compoſition, namely,

namely, a Diſeaſe in conformation, in Magnitude, in number, in Scituation.

There are four ill accidents that befal Conformation: namely, in figure, the inſenſible paſſage being open or ſhut; Cavity or ſenſible paſſage being enlarged or ſtreightened, and the ſuperficies being ſmooth or rough.

A Diſeaſe in figure hath no Remedies that are proper for it, but it is either cured with the help of Chirurgery, or with Medicaments that reſpect other Diſeaſes, on which it dependeth. For it is made either by faulty Conformation in the Womb, or violent motion in the birth, or the unſkillful ſwathing by Midwives, or walking when the Legs are weak, disjoyntings, and errours of the Chirurgion in curing Fractures and Luxations, which want the help of Chyrurgery, but of thoſe we do not ſpeak in this place.

But the part brought again to its due Conformation is ſtrengthened outwardly with Fomentations and Cerates, which are made of Aſtringents, but chiefly thoſe that are hot, and ſhall be deſcribed very ſhortly.

Now if the figure be ſpoiled by too great *Repletions*, or extream in any Emptines, or by ſome inclinations of one part toward another, by reaſon of a Palſy or Convulſion, as it falls out when the Nerves or the Tendons are cut, or from ſome hard Cicatrice, or great ſwelling; it is cured by ſuch Remedies as empty, ſtrengthen the Nerves, ſoften hardneſs, of which we ſpak already, alſo with ſuch as refreſh the part that is too empty, and ſuch as glew diſſolved unity, of which afterwards.

Rarity, or the opening of the inſenſible paſſages which Men cal Poroſities, which in great Joy poured forth, and Diaphoretical ſweatings, is often the cauſe of death, it is cured by Coolers, Aſtringents, and Emplaſticks, or ſuch as draw up the pores.

Such things as are moſt obvious to be applyed outwardly; are the ſprinkling with cold water and ſo much the more if it be cooled with Snow, or Ice, or firſt altered with cold aſtringents, of which we will ſpeak afterwards.

Anointing of the Body with Oyls that are actually cold, eſpecially of unripe

unripe Olives, or altered with cold aſtringents, as Roſes, Quinces and the like,

Alſo the coldeſt Ayr is beſt, that with the cold of the Ayr, the pores may be contracted.

If theſe things Suffice not, lay on Burnt Gip with cold water, as a cruſt upon the Body.

If Rarity poſſeſs the part, as when by reaſon of rarity of the yard, the ſpirits cannot be conteined in the hollow Nerve, to cauſe ſtrong erection, thoſe Aſtringents that ſhall be by and by propounded muſt be applyed to the place affected, eſpecially hot, becauſe ſo they ſtrengthen the more.

For the Denſity or aſtriction of thoſe paſſages, if it proceed from any matter that is impacted, hot detergents are moſt convenient, and ſuch as attenuate, which ſhall be propounded to take away obſtructions that come from thick matter that is impacted.

If it proceed from cold and drineſs, things that are moderately hot and that attenuate without drying are needful, of which there is notable uſe to diſpoſe

the Body to neceſſary ſweating, and to make the Body tranſpirable, which is procured to drive away the internal corruptions of Feavers, and to take off all *Cutaneous* ſpots.

Such are Baths of warm water, Fomentations of water and Oyl, or warm water, chiefly altered with Dill, Chamomel, Marſh-mallows, Roots of white Lillies, Lin-ſeed, the flowers of common Jaſmin, and wall-flowers, Boyled, till half be conſumed.

Alſo Unction may be made with Oyl very hot, firſt rubbing the part ſoftly, or let the Body be gently rubbed with the Palm of the Hand, dipt in the ſame Oyl, or ſome Spiced white Wine, adding one half of the Decoction of Violets and Mallows, in common water, if there be a ſtrong Feaver preſent.

Alſo the rubbing it ſelf with ſoft Cloths, taketh away the thickneſs of the Skin, and Cupping Glaſſes do it more effectually, with or without Scarification.

Alſo for the Amplitude, or Laxity and Dilatations of the Cavities or ſenſible paſſages, aſtringents are conveni-

ent,

ent, which do ſo much the more forcibly thicken them, as the paſſages are ſmaller.

The matter of aſtringents is of very long extent; they may be reduced to three Ranks, where the choice of every one for uſe may be eaſely found.

Some do but a little bind, the uſe whereof principally is to corroborate the parts, and they do bridle excretions, which are not altogether unprofitable, yet by their quantity and continuance, they may weaken the ſtrength.

Some do moderately bind, which have a principal force to repel all Fluxes from the parts that receive them, and to ſtay all Fluxes that are hurtful.

Laſtly, ſome aſtringents do compact the parts that are looſened, and are to be uſed, when by the force of the defluxion, and vehemency of Evacuation, there is imminent danger; as it falls out moſt commonly when the matter that flowes is very thin, and comes through paſſages that are very much looſened with the continuance of the defluxion.

In a cold cauſe let ſuch Remedies be made choice of, that bind with heat, or without any manifeſt coldneſs.

But in a hot cauſe thoſe things will help which work by cooling.

And of all kinds of aſtringents, theſe will be moſt eaſely provided for ſudden Remedies.

Upon a cold cauſe theſe bind a little; all kinds of Wormwood, but eſpecially Sea Wormwood, Egrimony, Betony, Colcworts wel Boyled, Coriander Seed, Cummin Seed torrefied, the Root of long Engliſh Galingal, the Hulls of Beans, Maſtich wood; and Leaves, Garden Mints dried, Maſtick, Rice dried, Roſemary, Sage, common Scabious, Frankinſence, Roſin of the Larch-Tree or Firr-Tree Boyled hard, ſharp Wine, or any other Wine ſteelled.

The dry Pouders of thoſe are given inwardly, by themſelves in ſharp Wine to one dram or thereabouts and ſomething more.

Alſo Decoctions of Phyſick Wines, amongſt which, the beſt is Wormwood Wine, or made of Maſtich wood, or Maſtich,

Maſtich, or Roſemary, or Sage.

Alſo ordinary drink is profitably altered with the Seed of Coriander and Maſtich, and the ſaid Pouders are ſtrewed upon meat.

For an inveterate Gonorrhea without any heat of Urine, the ſaid Roſins Boyled in Rain Water, or ſteeled water, taken for many daies faſting, are profitable, and made into Pills to one dram, with one ſcruple of dried Mints or the Seed of Agnus caſtus.

Alſo one ſcruple of the Pouder of Maſtich taken for ſome daies in a rear Egg four hours before dinner, will ſtay the ſame.

The ſame Pouder taken the ſame way, if you drink a draught of wormwood Wine after it, ſtaies an Hepatick flux properly ſo called, and Old fluxes of the Belly, and vomiting alſo that proceeds from the weakneſs of the Stomach.

Outwardly Oyntments may be made of common Oyl of unripe Olives (they cal it Omphacinum) or of Oyl of ripe Olives altered with wormwood, dry Mints, Roſemary, or Maſtick wood, or Maſtick.

Or

Or Liniments made preſently, ſuch as this following is.

Take *Maſtick in Pouder one dram, common Oyl one ounce, Yellow Wax, what is ſufficient.* Mingle them and make a Liniment.

Little bags are made of Cummin Seed torrefied, and Rice dried at the fire.

Or moiſt Fomentations of ſharp red Wine, that is altered with the ſaid Herbs.

Or a Cataplaſm of the ſhells of Beans, dried Rice, the Pouder of Wormwood, Oyl and ſharp Wine.

Of Maſtick and Frankinſence, Cerats are made, adding to them Oyl of wormwood and Roſin of the Pine-Tree with Yellow Wax what is ſufficient.

For long continuing defluxions of the Eys. It is good to waſh the Eyes often with the beſt white Wine, in which Frankinſence ſet on fire, hath been thrice quenched, adding a third part of River water, if the defluxion be ſharp.

Theſe bind Moderately, Bean meal heated at the fire, eaten in meats, Chef-

nuts,

nuts, Avens, Black Knapweed, the green ſhells of Wallnuts, Lintels well Boyled and the Juyce, the Roots of Water-fern.

Alſo the Pouder of the Black Grape half ripe dried in an Oven, taken one dram for many daies in Wine that is a little ſharp, is propounded by *Septalius*, as a great ſecret to cure an Hepatick flux, alſo it cureth the flux of Women, being taken in Aromatical Wine made Phyſical with Roſemary, Sage, or Mints.

For the hot affections of the Jaws, this doth profit ſingularly, the Decoction, or the Juyce of the green Rinds of Wallnuts for a Gargariſm, for which purpoſe a Syrup is made with Honey and the Juyce Clarified.

The Juyce of Lintells well Boyled, taken with a little of the Pouder of Galanga, or Nutmeg, in the morning, four hours before meat, cureth vomitings and ſcourings that proceed from the weakneſs of the Stomach.

Avens, and the Root of water Fern Boyled in Red wine, or beat into Pouder, is ſingular good againſt the falling

out

out of the Inteſtines and the Matrix.

Outwardly, Mill duſt added to Plaiſters is good againſt Piſſing of Blood.

Earth worms in Plaiſters are good for the Nerves that are wounded.

Salt and Roch Allum, put into Decoctions of Red wine, are for to corroborate the parts.

Baths of Allum and Gip, (ſuch as are in the Mountain of Grattas in the field of Padua) are good to ſtrengthen the Limbs that are diſtempered by long deſluxions.

The mother of the wine hot, is commended to corroborate the Joynts.

The crum of bread toſted and ſprinkled with ſtrong wine, and with the Pouder of wormwood or Mints is good to fortifie a weak Stomach.

Theſe bind ſtrongly, great Sanicle, Garden dropwort, eſpecially the Root, all the Cranes Bills. eſpecially Pidgeons Foot, Herb Robin, Mouſe-ear.

The Decoction of theſe is given, or the Pouder to one dram

Alſo the Pouder of a Spunge burnt is moſt effectual, and the inward Skin of Cheſtnuts.

Of

Of the Juyce of Herbs, and the Pouder of Roots mingled, bread may be made, baked ſo hard as Biſquet, which being beaten into Pouder may be mingled with meats, to be taken without loathing.

Outwardly Fomentations are prepared of the Decoctions of Herbs, with ſharp wine, adding ſome Allum to them.

The Juyce of the fruit of Guajacum of Padua, when it is half ripe preſſed forth through a Linnen Cloth, or received by a Spunge, ſtayeth the moſt deſperate flowing of the Hemorrhoids; therefore it may be thickned with Allum, and be kept for uſe.

Alſo Goats-dung beaten with Vineger and laid on, ſtops all fluxes of Blood.

The Leaves of common Nettles beaten til the Juyce come forth, and put into the Noſtrills like a Tent, ſtayeth bleeding at the Noſe be it never ſo Violent.

But in a hot cauſe theſe bind a little; Rain water, ſteeled water, water of Mineralls of Iron, ſuch as is the water of Padua, of the Mountain, *Ortho.*

Vineger,

Vineger, Poſca, Root of Succory, Leaves of the Cypreſs Tree, dried Strawberry Leaves, Barley torrefied, of which a Ptiſan may be made with ſteeled water, ſteeled Milk, Tree Moſs, Mirtills, Purſlain, the Clot Burr, ſpotted Arſ-mart, Pear Tree of the Orchards, ſour Prunes, the Leaves of Sloes, Pond-weed, the flowers of Roſes, eſpecially the red, the Seed, Down, Cups and Root, the flowers and Leaves of Willows, Houſleek, Mullen, the Leaves and Tendrells of Vines, Venus Navil.

Of theſe may be provided chiefly Decoctions, amonſt which againſt inveterate defluxions the Decoction of the Roots of Roſes in ſome of the foreſaid waters is excellent.

Alſo this drink, by certain experience ſtayeth in one day every hot excrementitious Bloody Flux of the Belly.

Take *the Juyce of the greater houſleek and ſpotted Arſ-mart of each three ounces.* Boyl them to the Conſumption of a third part, and give it in drink.

Outwardly may be prepared Fomentations, Baths, Emplaiſters, Epithems; and

and other forms of Medicaments, as need requires.

These bind moderately, the Juyce of Oranges, Citrons, Lemmons not ripe, wilding Leaves, Leaves of wild Pomegranates; Barberries, Sheppards purse, the inward Rinds of Chestnuts, Cistus, Dog Tree, and the fruit of it, the fruit of the Cypress Tree green or not yet ripe, flower of the Sun, Acorns and their Cups, Herb-trinity, Hypocistis, the flowers of the wild Vine, the flowers of the purple water Willow, all the Sea Lavenders, the common Blood-stone, sour Pomegranates, Quinces, Pomegranate Rinds, Nose-Bleed, unripe Mulberries, Leaves of the Olive Tree, Adders Tongue, Plantain, wild Pear Tree, the fruit of the bastard Corinths, the Leaves of Brambles, unripe Mulberries, Sow-wort, Iron-wort, Yarrow, all Medicinal earths, the Elm, Golden Rod, and all these almost may be found in most places.

The dry Pouders of these may be given to one dram, in Bolus, or drink, or some convenient liquor.

Decoctions may be made of the Herbs,

Herbs, but the Juyces are more effectual, the Doſe whereof is from one ounce to two ounces.

Theſe are held for ſecrets to ſtop all fluxes of Blood, the flowers of purple Looſe-ſtrife to one dram, given ſeveral times in ſharp Red Wine.

Alſo this Syrup; Take *the Water of Knot Graſs or Yarrow five ounces.* Let the Blood-ſtone be ſo long in this Liquor, til the Liquor be of a colour like Blood, then add to it the Syrup of Quinces or Pomegranates one ounce, mingle them for a drink; or in the place of a Syrup put a little Sugar, to make it Penetrate, and ſome Juyce of Lemmons, or ſharp Pears, or ſome other that is of a pleaſant taſt.

To ſtop the Laſkes of the Belly and vomiting, make a great hollow in a Quince, or ſome ſour Garden fruit, (Apples of an Iron colour are beſt) and fill it with white Wax, put it into a Paper and roaſt it in the Embers, give a peice or two of this ſtrewed with the Pouder of unripe Mulberries, a little before meat.

For to ſtay Piſſing of Blood.

Take

Take *the Decoction of Golden-Rod in Rain or ſteeled water, four ounces, the water of the whites of Eggs two ounces, Juyce of Lemmons two ounces.* Mingle this to drink.

For outward Remedies, Oyls are made ſuddenly of the Decoction of Quinces, Cypreſs Nuts, and of the Pine-tree, and other Herbs, adding Poſca to it: let them be Boyled til the moiſture be conſumed; the uſe of theſe is for Oyntments or Unguents, with which, Litharge Boyled in Vineger may well be mingled.

Epithems may be made with Poſca and whites of Eggs.

Fomentations and Inſeſſions of the Decoctions of Herbs.

Defenſatives for wounds, are made of Bole-Armoniack, or any other Medicinable Earth, and the common Blood-ſtone; being mingled and ſtirred with the whites of Eggs to the conſiſtence of a Liniment: the Sediment of a Whet-Stone affords matter for a Plaiſter to ſtay al fluxes.

*Rulandus* doth frequently extol a Plaiſter of Potters Clay burnt, and Boyled

with Vineger, laid hot to the part, to ſtop Blood that forcibly runs out of any part.

For the Stomach a Plaiſter is profitable, made of a Quince, Boyled in ſour Red Wine, or adding ſome Crums of bread to it ſoftned in Vineger.

Theſe bind ſtrongly, amongſt the moſt common Remedies, Grape ſtones, the Kernells of the Pomegranate dryed, the flowers of purple flower-gentle, the inward Skin of wood Nuts, Chervil and the Root, great Comfrey, middle Comfrey or the great Daiſey, Horſtail, Galls eſpecially unripe, Rupture-wort, the Root of the Yellow wild Flower-de-Luce, the true Blood-ſtone, common Hares-Foot, wild Apples, unripe Medlars, the Rind of the Root of Mulberries, money wort, Verjuyce, Juyce of Sloes, Knot-graſs, the Root and Leaves of the Oak, the Bark that is between the Tree and the outward Rind, unripe Services, Sumach, male Sanicle, dead Nettles, Bloody-rod of *Mathiolus* or, female Dog-Tree.

Of theſe, ſome are peculiarly commended for ſome fluxes, though all of them

them may be uſed generally where there is need of great aſtriction.

For the overflowing of the Terms, theſe are accounted approved, the ſhel of the Root of the Mulberry, the Root of the dead Nettle, Grape ſtones, and Pomegranate Kernells, the Pouders of all theſe are given ſeverally to one dram, with Red Wine or ſome Liquor that is fit for it.

For Spitting of Blood, the BIood-ſtone taken with Sugar of Roſes to one dram, or laid in aſtringent potions, til it look like the colour of Blood, or put into a Bag, and beat into very ſmal Pouder, and ſo ſtrain Wine often through it, or any other ordinary drink.

Againſt vomiting and any immoderate and inveterate fluxes of the Belly, theſe two Electuaries are the principle. The firſt,

Take *of the Roots of Yellow wild Flower-de-Luce, Boyled in Rain Water, and paſſed through a Hair ſive, two parts, Old Sugar of Roſes one part.* Make an Electuary according to art: the Doſe, is from half an ounce to one ounce. In the palce of Sugar of Roſes let the Poor take half

ſo much Clarified Honey, Boyled in rain water or ſteeled water, wherein the youngeſt Leaves of the Oak have Boyled ſome time.

The other.

Take *the Roots of great Comfrey Boyled in the Decoction of the Root of Garden Dropwort, and paſſed through a Hair ſive, two parts, Old Sugar of Roſes one part, or parts alike.* Mingle them, make an Electuary, the Doſe is the ſame with the former.

If it be provided for Hepatick fluxes, (and it doth very happily ſtay them) you muſt add a fourth part of Comfrey, wormwood, or a twelfth part of wormwood, Maſtick.

For the ſame purpoſe the Decoction of the Root and Yong Leaves of the Oak is excellent, made with red Wine, adding a little wormwood to it, if it be drank daily to two ounces or thereabout, five hours before meat.

Other Remedies may be made for other uſes, as every one pleaſeth.

Outwardly Crude Gip is convenient, mingled with Cerats and Plaiſters.

Alſo Hogs dung, and Aſſes dung, either

ther freſh, or elſe in Pouder: by either of theſe, al immoderate fluxes of Blood are preſently ſtopt, if it be laid on with the white of an Egg, and blown in.

*Guainerius* ſaith, that he uſed Aſſes dung inwardly, and Syrup of Sugar prepared with the moiſture of the freſh dung preſſed out; as a chief Remedy to ſtop immoderate fluxes of the Terms, and other extraordinary Eruptions of Blood.

Oyl of the Dog-Tree, and the Root of the Oak made by deſcent, exceeds all the reſt by an aſtringent faculty.

Moreover, of the Decoctions of Herbs are made Fomentations and Baths.

Cataplaſms are made of unripe fruits beaten with Poſca, and moderately Boyled.

Alſo an Unguent may be prepared ſuddenly; but the Unguent of Cheſtnuts, and Comitiſſa may ſupply the place thereof.

Take *unripe Galls, Cypreſs Nuts, the Kernells of Red Grapes, Pomegranate ſhells, the middle Rinds of Cheſtnuts, Maſtick, of each half an ounce, Oyl of unripe Olives, or of Roſes*

*often washed in Allum Water, one pound, white Wax three ounces.* Let the dry Ingredients be beat into Pouder, and steeped in the Juyce of Sloes, or unripe Services, or Verjuyce, or the Juyce of astringent Herbs, and let them be dried at a soft fire; adding thereto before they Wax hard, the Oyl and the Wax, mingling all gently by stirring it.

If you had rather have it for a Cerate: take Rosin three ounces, and Wax five ounces, to the said quantity of Oyl and the Pouders.

Streightness and Closeness of the Passages comes to pass five waies: by obstruction, constipation, Compression, cleaving together, and by sinking down: whence the differences of Diseases in streightness are taken; which, as they differ by generation, and variety of their causes, so are they taken away by diverse Remedies.

Obstruction is properly called so, that streightness of the Passages that comes from things that are contained within contrary to nature, not that are united and sticking to the passages; such are Vapours and Humors that abound

abound too much, or that are too thick and clammy, alſo corruption, Clotts of Blood, and Milk, Thorns, and little Bones that ſtay in the Throat and hinder the paſſage, Hares Stones, worms, dregs that ſtick to the Inteſtines.

Corruption ſhut up in Impoſtumes, is taken away by opening the Impoſtume; which is done with Iron or actual fire, or by a potential Cautery; of which a little after.

That which ſticks to Ulcers is taken away with Sarcoticks, of which we ſhall ſpeak in the cure of Ulcers.

That which is poured forth into other Cavities, as into the ſharp Artery, is taken away with ſuch things as cut and cleanſe, Clots of Blood are to be diſſolved by Remedies that are elſewhere ſet down and are to be evacuated by purging the Belly, alſo by Urin, Spittle, for the ſituation of the part affected, by Purgations and Diureticks, and expectorating Medicaments ſet down before.

Alſo ſuch Remedies as diſſolve Clotted Milk and diſcuſs it, are evident by thoſe things that have been ſaid.

Things that ſtick in the Gullet, if they can be ſeen, let them be drawn out with Iron Inſtruments; if they remove the leaſt from their place, by Sternutation, Coughing, or vomit provoked by putting in the Finger, or a Feather into the Throat; alſo by drinking plentifully, or by ſwallowing down ſome ſolid Gobbet not much chewed, and laſtly by ſwallowing down a ſpounge, firſt dipt in Rozin, that the thing may ſtick to it, and then drawn up again by a long thred tied to it.

If Hairs and other things that come from without, appear, they muſt be taken out with Chirurgions Inſtruments; if they be hid in the Stomach and Inteſtins, they are driven out by vomit or purging, as the ſick is inclined.

Concerning ſuch things as Purge the Belly, and drive out the excrements, and further concerning Remedies againſt ſtones and worms, and ſuch as diſcuſs abundant and groſs vapours, we ſpake, amongſt the Remedies that take away the cauſe of the Diſeaſe.

Obſtruction from fullneſs, or abundance

dance of Blood, is taken away by a thin diet, that is not of the beſt and much Juyce; by ſtrong exerciſe, and much rubbing, as by Medicaments that dry the whole Body; and by ſenſible Evacuations, namely opening the Veins, Scarifications, Cupping with ſcarifying, Leeches.

Bad Humors that are many, thick and clammy, by which frequently the Meſenterium, the Liver, Spleen, Matrix, Reins, and Veins and arteries of other parts are ſtopped; require Medicaments, firſt that are cutting, attenuating, and cleanſing, laſtly Purging.

Concerning Purging medicaments, we ſpake abundantly at the beginning; thoſe are of another kind, that are ſet down for to prepare groſs Humors, but becauſe theſe that unſtop the paſſages are of larger extent than ſuch as prepare the Humors, and there is a very frequent uſe of them in the cure of Feavers, Hypochondriacal Melancholy, the cure of the Spleen, Jaundice, the want of the Terms; it wil be worth our pains, to Reckon them up more diſtinctly, and to ſet them down in three

three ranks, namely cold, temperate and hot, that ſo the choice of them may be the more eaſy.

Cold Remedies that unſtop, are convenient in the more acute Feavers; parts that are hot, and obſtructed by Humors thickned by aduſtion; amongſt which the moſt Obvious are, Sorrel, Juyce of Citrons and Lemmons that are ſufficiently ripe, Succory, Endive, Straw-berries, Roots of Graſs, Liver-wort, Hawkweed, the Roots of all the Docks, Seeds of Melons, Pompions, Citruls, Cucumbers, gourds, Sow-Thiſtle, Garden Endive, Dandelion, four Trifoyl.

Of theſe; are made Decoctions with water or Broth, for Syrups, which will be the better; if you add an Emulſion of the four great cold Seeds.

Whey of Milk Clarified is effectual by it ſelf, but it is made moſt effectual by adding an Emulſion of the ſaid Seeds, or if it be altered with opening Herbs.

The Clarified Juyce of Herbs is mingled with Broth for a preſent Syrup, to two or three ounces, the greateſt uſe of

of the Juyce of Citrons or Lemmons is in meats and Medicaments, as alſo of the Emulſions of the Seeds of Melons and Gourds, as alſo thoſe more Liquid Panadoes, and Ptiſans of Barley, as they are commonly called.

For ordinary drink, the Decoction of four Trifoyl is pleaſant enough, of Sorrel, Straw-berries, and Graſs, which may be made more ſharp, adding a quantity of the Juyce of Citrons or Lemmons.

But this is the thing that is moſt neceſſary, which four Roots perform, to deceive the ſick withall, that one ſtill calling for drink, that they make the water ſharp, and it may be made of the colour of Red Wine.

Thoſe that are moſt temperate, wherein there is no notable exceſs, of heat or cold that can be obſerved, are moſt convenient for Chronical Feavers, from the aduſtion of Humors, which is grown cold: alſo for Melancholick Diſeaſes, namely for Hypochondriacal Melancholy, and ſuch as are grown hard: amongſt ſimples, ſuch are, Maiden Hair, Waters of four Mineralls, Hops,

Hops, Liquoris, Trichomanes, five Leave Graſs, all which are added to the Decoctions of the other cold Ingredients.

Many more Compounds may be made for every Mans deſire: for cold things mingled with thoſe that are equally hot, in the ſame proportion, do make temperate.

For this end, ſometime Clarified Whey is altered, with Egrimony, Roots of Aſarum, Dodder, with a little wormwood, than which, there is nothing more profitable for the affects and Diſeaſes of Melancholy.

The ſame way may be given the Juyce of Succory thickned with the Juyce of Agrimony, and a little prepared ſteel, to be taken in Bolus before any opening Decoction.

Alſo Honey and Sugar added to the Juyces and opening Decoctions of cold things, make temperate Remedies.

For this purpoſe eſpecially two common Syrups do ſerve, that are eaſy to be prepared, namely Oxymel Simplex, & ſimple Syrup of vineger, which conſiſt of one

one part of Vineger, two parts of Honey or Sugar, and one fourth part of water.

But the three following Remedies of this rank are the beſt, and eaſy to be made.

Firſt Smiths Water Clarified for ordinary drink; with Water is made a weaker Mulſum, adding half as much of Honey or Sugar.

The ſecond: one ſcruple of Cremor Tartar to one dram, added to opening Broths.

Thirdly: prepared ſteel, without which, Schirrous hardneſs, and obſtinate obſtructions will hardly be Removed.

The uſe of theſe is manifold, and ſo is the preparation: the moſt eaſy, and the ſooneſt made, and the beſt, is this.

Let ſteel be beaten into thin and long Rods, or little Plates: for by putting to them a roul of Brimſtone they will melt, and fall into the Water that is put under them, and then they muſt be ground into a moſt fine Pouder; this Pouder is given from half a ſcruple to

two

two ſcruples or thereabouts, either in Bolus, Electuary or Wine.

The faſhion of a Bolus is this.

Take *Juyce of Egrimony, Borrage thickned, of each one ounce, Steel prepared two ſcruples.* Make them for two Boluſes, to be taken a little before an opening Decoction.

The Electuary is thus.

Take *the Pouder of Egrimony, Maiden-Hair, Stone-fern, Harts Tongue, Roots of Cinkfoyl, Liquoris, ſteel prepared, Leaves of Senna, of each one ounce, Cinnamon one dram & an half, the pulp of Rayſins Boyled in white Wine, and pulped through a Hair Sive, one pound, Syrup of Apples only,* or for the Poor, *Oxymel ſimple, two pound.* Mingle them for an Electuary according to art, to be taken to about one ounce, four hours before Dinner.

It is given in Wine two waies, either drinking the fine Pouder of ſteel mingled with Wine, or preparing ſteeled Wine.

This will be an excellent Pouder for one Doſe.

Take *prepared ſteel and Cremor Tartar of each one ſcruple, Cinnamon half a ſcruple.* Mingle

Mingle them for a Pouder.

Steeled Wine will be made, if in four pound of Fragrant white Wine; you put in ſteel prepared and Leaves of Senna, of each one ounce, Cinnamon two drams, opening Herbs, and proper for the part obſtructed, three handfulls, let them ſtand eight daies in a hot place, and ſtirr them often; ſtrain them for your uſe, and give two or three ounces to drink; alſo a moſt excellent ſteeled Syrup may be prepared after this faſhion.

Take prepared ſteel ſo much as you pleaſe, pour upon it the ſharpeſt vineger, that it may ſwim above it four Fingers breadth, & let it ſtand in a hot place, until it hath drawn out the tincture of the ſteel: then by inclining the Veſſel, pour it from the grounds: add to this Sugar, or Honey Clarified, the double proportion; moreover half an ounce of Rayſins, and one pugil of the tops of wormwood to every pound of Vineger, Boyl them at a genle fire to the conſiſtence of a Syrup, then ſtrain them, the Doſe is one ounce, with a Decoction that is proper for the part affected.

Thoſe

Thoſe things that are applyed outwardly muſt be mingled of ſoftners and diſcuſſers; ſuch are the Fomentations of the Decoction of Mallows, Marſhmallows, Melilot, Fœnugreek, Dill, Chamomel, and a quantity of wormwood, to Corroborate the part; adding about the end of the Decoction, ſome white Wine, and Vineger to help the Penetration.

After the Fomentation; make an Oyntment of Oyl prepared by Decoction, of things aforeſaid, ſuch as is deſcribed amonſt thoſe that ſoften hardneſs.

The hotter things that unſtop, are convenient for a cold temper, and a cold time, as alſo for long Agues; ſuch are theſe common ſimples: wormwood, Egrimony, Smallage, Mugwort, Aſparagus, Betony, chiefly the Root of Capers, the Rind, Stone-fern, Germander, Dodder, common wild Carrot Seed, Root of Elecampane, Fennel, Rind of Aſh, Fumitory, the common and the Yellow, Root of Gentian, Harts-Tongue, Fetherfew, white Horehound, or wild Mints, Parſley, Penniroyal, Madder,

Madder, Knee-Holm, Tamariſk, Savory, in the uſe whereof, thoſe muſt alwaies be choſen, that are proper for the parts affected, and are propounded amongſt the alteratives.

Alſo Syrups and Electuaries and Decoctions are made of thoſe things we have ſpoken of, as the occaſion ſhall be.

The Decoctions are made the more effectual in the Broth of an old Cock or Pidgeon, if you can procure it.

Alſo Phyſick Wines are ſuppoſed to be beſt, as wormwood Wine, when the weakneſs of the Bowels is of long continuance; and of theſe Wines, adding half the quantity of Clarified Honey, are made Syrups that are profitable and pleaſing; but the Wines are made moſt effectual, adding ſteel to them, as we ſhewed before.

A ſomething ful Mulſum will be the beſt to drink, if it be altered with the Herbs propounded: as alſo al compound Oxymels made with the ſame for a Syrup, ſuch as is the ordinary Syrup of the Apothecaries, made with the five opening Roots, Smallage,

Aſparagus, Fennel, Parſley, Butchers Broom.

Alſo the uſe of Vineger of Squils is extolled, added to Syrups and Decoctions, to half a Spoonful.

Some there are that prefer before all theſe, the uſe of the Root of Cuckowpint, often infuſed in Wine, and ſtil dryed again, til it hath loſt almoſt al its Tartneſs.

It may be alſo added to Electuaries, but the fine Pouder of it is oftner uſed, given with Wine or Broth. The faſhion of it may be Thus.

Take *prepared ſteel and Wake-Robin prepared, of each half an ounce, Cinnamon one dram and an half, Fennel Seed half a dram, fine Sugar one ounce.* Mingle them.

It is made more effectual by adding to it, one dram of Salt of wormwood: make a very fine Pouder, the Doſe whereof is about one dram. *Or,*

Take *Cuckowpint prepared one ounce, tops of common Wormwood (Salt of Wormwood is far Better) one dram, Cinnamon one dram and an half, fine Sugar to the weight of them all.* Mingle them and make a Pouder.

By

By themſelves mineral Waters that come from Brimſtone do open exceedingly, and from Nitre, drank after that the whole Body hath been purged: as alſo common Turpentine given in Bolus, about one dram and an half, which alſo may be drank, If it be ſtirred with a little of the Yolk of an Egg, and the Water of Egrimony, or Wine be put to it, by little and a little to two or three ounces, alwaies ſtirring it, til it be perfectly white.

Outwardly Fomentations may be uſed of the Decoctions of digeſtives and Emollients, adding about the end of the Decoction, white Wine and Vineger, not forgetting Herbs that are proper for the part affected, of which alſo Oyls may be made by Decoction, for Oyntments.

Bucheting and droppings of Waters that proceed from Brimſtone are the moſt excellent, and ſuch as proceed from Pitch, and the mud of the ſame, applyed as they ought to be.

Conſtipation of the Cavities, is properly called ſtreightneſs that grows from things that are bred within, and

ſtick to the part, namely, from Tumors, Fleſh, a Callous, or dead Child.

Things that drive out the dead Child, were propounded amongſt the Remedies of the Cauſe that is peccant in ſubſtance.

We ſhall treat of Tumors amongſt the Deſeaſes of augmented Magnitude.

Fleſh and a Callous, as they are not hard to be taken away with Inſtruments of Iron, when they may be ſeen, ſo they are taken away only with Phyſicks, and that with much more difficulty, when they are hid within the Body: and ſince Fleſh is ſofter than a Callous is, it requireth more mild Remedies that either dry ſtrongly, or heat very gently; but a Callous requries, either Corroders, or ſuch as putrefie.

Therefore for fleſh theſe are convenient, round Ariſtolochia Roots, Antimony Calcined, Roots of Black Hellebore, burnt Allum, burnt Galls, the Aſhes of burnt Honey, common Red Lead, Aſhes of Roots of Gentian, Oyſter Shells, eſpecially ſuch as are burnt,

Lead

Lead Calcined with Brimſtone, the Aſhes of burnt Spunges; the Pouders of all theſe are mingled with Unguents, or infuſed in Liquors.

The following Oyntment is approved for excreſcences of fleſh; but firſt of all, it takes away little fleſh in the urinary paſſages, and that without pain, if it be put on the end of a Candle, for it ſticks very faſt, and doth not excoriate the parts that are ſound.

Take *Honey burnt to Aſhes, prepared Tutty, freſh butter waſhed, waſhed Turpentine, Yellow Wax, of each half an ounce; burnt Allum half a dram.* Mingle them and make a Liniment according to Art.

This Pouder alſo is excellent deſcribed by Mercatus, *Lib.* 2. *de recto Præſidior. uſu. Cap.* 7.

Take *Verdigreaſe, Auripigment, Vitriol and Roch-Allum, of each equal parts.* Bray them with the ſharpeſt Vineger, and make them into fine Pouder, and ſet them in the Sun in the dog daies; the Pouder being dried, muſt again be made fine with Vineger poured on, and put into the Sun the ſecond time, and this muſt be done for the ſpace of ten daies; then:

Take *Litharge of Gold, poudered and ſifted, one part: Oyl of Roſes two parts.* Boyl them to the conſiſtence of a Plaiſter; take an equal part of this, and mingle with the ſaid Pouder for your uſe.

Alſo this Pouder takes away all Excreſcences, by Certain proof.

Take *the Shells of Walnuts, Spunges, Roots of round Ariſtolochia, of each equal parts.* Let them be dried together in a Pot put into an Oven, that they may be beaten into Pouder; and with this Pouder ſtrew over the part affected, firſt anointed with Honey.

Theſe take away Callous matter, amongſt the moſt common Remedies, Orpiment, Spaniſh Green, Quick-Lime, Lees of Wine burnt, Lees of Vineger burnt, burnt Vitriol, Oyl of Brimſtone and Vitriol. All theſe things in uſe, are tempered with milder Remedies, ſometimes in greater, ſome times in leſſer quantity, as need requires.

An Example of them in Infuſion.

Take *the Decoction of round Ariſtolochia, Black Hellebore, Marſh-mallow Roots, half a pound, Oyl of Brimſtone or Vitriol half a ſcruple.* Mingle it for an Infuſion.

For

For an Unction:

Take *burnt Vitriol, and Allum burnt, of each one dram: freſh Butter very wel waſhed half an ounce.* Mingle them.

If you add the Pouder of white Poppy Seed, or Henbane, you make a Remedy wholly without Pain.

The Pouder of *Mercatus* uſed by it ſelf is moſt effectual.

This is exceeding good that is more eaſy to provide. Work Quick-Lime with Honey, like a paſt, and dry it in an Oven, that it may be beaten to Pouder, to be ſtrewed upon any Callous or ſuperfluous Fleſh, firſt anointed with Honey.

Compreſſion of the paſſages, ſince it comes from al things that preſs upon the paſſages, and by any intervenient thruſting either of Heavineſs or Extenſion, or Violent impulſion, or aſtriction, it hath no peculiar Remedies; for heavineſs & extenſion, proceed from the plenty of matter, and are taken away with ſuch Remedies as Evacuate ſenſibly, or inſenſibly; of which we ſpake before.

Extenſion from wind is removed with diſcuſſers.

Violent impulſion frequently followes Luxations, depreſſions, and fractures of the Bones, which are cured by Chirurgery.

Violent Aſtriction, follows moſt commonly outward cauſes: as bands bound too faſt, which muſt be untied.

Growing together of the paſſages, is made by a mutual Glewing together of the ſides, when Nature fills up the wounds of them by the coming of good Blood thither; and this is cured only by an inciſion Knife, or Iron Inſtrument that can part the ſides that are Glewed: but after ſeperation, the ſides muſt be well fenced, that they may neither touch one the other, or grow together again; therefore the growing together of the inward parts is incurable becauſe they cannot be cut.

The ſinking down of the Cavity, if it fal out by reaſon of Evacuation of the matter that ſhould be contained within it, it is cured by Nutriment only to re-generate neceſſary matter.

If it proceed by reaſon that the ſides of the Cavities are contracted by over-

much

much drineſs, or fal down by over-much Relaxation, it is cured by moiſture, or great driers, for moiſtning, the more gentle emollients are convenient, and ſuch as are properly called Anodines, propounded in their proper places; for drying digeſtives and diſcuſſers are moſt fit, being mingled with aſtringents, the moſt forcible that were ſet down before.

When the ſuperficies is too plain it is taken away with Remedies that ſcour, and then with driers.

Things that ſcour, are all ſuch that were propounded for to prepare Flegm.

To take away obſtruction, by the ſtuffing in of groſs and Clammy Humors, and to ſcour the Skin, natural Salt waters have a kind of prerogative, and artificial waters alſo, and Honey added to Decoctions which are principally made of bitter things, as the Roots of Gentian, Elecampane, long Ariſtolochia, and Centory the leſs.

For drying, things that Evacuate inſenſibly are moſt fit, being mingled with the ſtrongeſt aſtringents, of which before.

Whea

When the ſuperficies is rough, it is cured with ſoftners, and ſuch as are properly called Anodines, when it proceeds from drineſs: but particularly the roughneſs of the Throat, and the top of the ſharp Artery, which fals out very frequently, is cured by thoſe things that Purge the breaſt by Spitting, which are propounded for Salt matter.

But if it proceed from ſharp Biting matter that lightly Rakes the ſuperficies, it is taken away by ſuch Medicaments that temper ſharp Humors, both by waſhing them away, as alſo by ſuppling them with a tempering vertu; of which we ſpake amongſt the Remedies that alter the cauſe of the Diſeaſe.

## *Remedies of Diſeaſes in faulty Magnitude.*

Natural Magnitude, is made faulty, either by exceſs or defect, when it is augmented beyond its proportion, or elſ diminiſhed. The kinds of Magnitude diminiſhed,

diminiſhed, are reckoned to be, Defect of Nouriſhment, or Leanneſs of all the parts, and Maraſmus, or a Conſumption of the whole Body, following a Hectick Feaver, or waſting away: for Leanneſs of thoſe that recover after ſharp Diſeaſes, ſcarſe deſerves the name of a Diſeaſe, becauſe it quickly goes away, ſo ſoon as the Diſeaſe on which it depended, is removed.

Of Magnitude increaſed, which men call Tumors, all the differences are taken from the cauſe, which in general is four fold.

The firſt is a ſolid Body according to ſubſtance, belonging to the ſoundneſs of the Body, whence come groſſneſs, from overmuch fat; *Hyperſarcoſis*, from ſome excreſcence of fleſh, Ruptures of the Bowels, and the Caul, when the Guts or the Caul fal down, which alſo makes a Diſeaſe in ſcituation.

The ſecond is a Humor, or ſome thing like to a Humor, whence comes that they call *Phlegmone*, from Blood, *Oedema* from Fleam, Eryſipelus from Choller, Schirrus from Melancholy, a kind whereof is *Tophus*, and *Struma*, Cancer,

Cancer, from Black choler, Carbuncle from burnt Blood; and from a watery matter like to a Humor, *Hydrocephalus*, & the Dropsie of the Abdomen, and the Matrix.

The third is, that which comes Preternaturally from the Humors, as puffing up from wind.

The fourth is, that which growes in the whole kind Preternaturally, from a various and unspeakable corruption of the Humors, whence comes properly an Impostume, or little Swelling with a little Bag, namely Meliceris, from a matter like to Honey, *Steatoma*, from a fat matter like to Sewet, and *Atheroma* from a matter like to Gruel.

A particular Consumption, such as falls upon those parts that are held with a Palsie and Convulsions, requires first such Remedies as can Purge out the foulness of the Body by the passages convenient: then Nourishments that can make good Blood; lastly attractives that draw Blood to the part, and can stirr up the heat of it and strengthen it.

Gentle rubbings til the part wax red,

and

and Swel a little, will perform all theſe.

Alſo Baths of ſweet water ſomething hot, wherein Herbs are Boyled, proper for the part, to be uſed til the part Swell a little.

Or Fomentations, and Wettings with water and Oyl, Milk, ſweet Waters, altered with Mallows, Marſh-mallows, and Herbs that reſpect that part.

Laſt of all, the moſt prevalent Remedy is pication, til the part wax red and ſwell: and theſe things are to be done, after concoction, before any more meat be eaten.

In a Conſumption of the Eyes, there remains no place for pications or rubbings, but only, for Fomentations; the beſt whereof are made with Milk a little Saffron, or of the ſame Boyled with Mallows, Violets, Marſh-mallows, and Fennel, or with a ſweet Apple, brought to the form of a ſoft Cataplaſm, with a little Saffron.

A hot *Maraſmus* without a Conſumption, which is curable, is chiefly overcome with the uſe of Milk and Baths:

Womens

Womens Milk ſucked out of the Breaſts, or Aſſes Milk, or Goats Milk new milked drank with a little Honey or Sugar, taking by degrees from three ounces, to ſeven or eight ounces; about five hours after the drinking of Milk, a Bath of ſweet Water is to be uſed, which muſt be kept ſomthing hot til the time the ſick come forth of it; and then is he to ſtay a while til he is a little cold with it, for the uniting of heat, and retaining of Nouriſhment; or preſently after the Bath, the Body muſt be gently rubbed with the Palm of the Hand, wet with Oyl of Violets and ſweet Almonds, ſomthing cold. If there be a Conſumption the Bath muſt be let alone, and the Body muſt be rubbed only before meat, after the manner we now ſpake of, and he muſt apply himſelf to Milk, and he muſt uſe alſo ſuch Remedies as concern the Ulcer of the Lungs. If the uſe of Milk be forbidden by reaſon of the cauſes ſet down in the 5. *Aph.* 65. He muſt uſe inſtead thereof a Ptiſan of Barley.

Some hold this Ptiſan for a ſecret, which is preſently provided, and muſt

muſt be taken twice a day.

Take *Barley Meal ſix parts, fine Sugar one part.* Place them bed upon bed in a Glaſed Earthen Pot, and the firſt and laſt bed muſt be Sugar: then making a Cover of Paſt, put it into the Oven after the Bread is drawn forth. And it will be baked ſufficiently the third time, or putting of it into the Oven.

For a Ptiſan.

Take *of this baked Meal two ounces, Broth of wood Snails, or Snails four ounces.* Mingle them.

But for an Ulcer of the Lungs in particular this is commended. Take one dram of the Pouder of Yarrow, dayly in Broth or ſome convenient Decoction.

Alſo a Cake of dried Folefoot taken dayly made with Butter and Sewet of a Hog.

Some prefer Sugar of Roſes with Bole-Armoniack, or ſome ſuch Medicinal earth, and the Blood ſtone uſed for ſome months together, above all other Remedies.

Groſs Bodies are brought lean, after

ter fit Evacuation of the Body.

First, with a thin diet, and many hot and frequent rubbings of their Body, then by the daily use of some attenuating and drying Remedies, amongst which, the most commended are, one dram of Ash Keys in Broth, with half an ounce of the best Vineger, or one Spoonful of Vineger of Squills, in a good quantity of Broth before meat; some ascribe the same vertue to Oxymel of Squils, or the Troches of Squils.

Also the Seed of Ameos, or the Seed that is in Elder berries can do as much, taken to half a dram, drank in the Decoction of the Ash.

But the greatest force lieth in the Pouder of Vipers to dry the Body, of which we spake amongst the Antidotes, if half a dram of it be taken in Broth or Wine, four hours before meat, and so much the more if the Body be lustily exercised after the taking of it.

To this place belong all things that provoke sweat and Urin.

Those Remedies take away excrescences

cences of fleſh, be they from a Callous or fleſh, that are Remedies of Conſtipation, of which we ſpake before.

A *Hernia* of the Caul, can be taken away by no other means than by cutting, which is ful of danger, it can hardly be helped by ſtreight Ligature. But a *Hernia* of the Inteſtins is eaſily Glewed together in Children and Boys, with outward uſe of aſtringents and fit Ligature. But in people that are of years, if it be Old, it is held hitherto by Phyſitians to be incurable, without Chirurgery: yet uſe, that is the beſt maſter of things, and Judg of Remedies, hath taught us not long ſince, that the Ruptures of men of years, and that very great ones, and of long continuance, have grown together by the uſe of Medicaments only, and a convenient courſe of diet, and that within threeſcore daies at the longeſt, in manly and in Old Age; but in forty daies in Yong men, and at mans ſtature; by the help of which Remedies, Boys are cured within twenty daies: unleſs the falling of the Inteſtins into the Cods be very great, and allmoſt grown Habitual.

And theſe Remedies may be Ranked amongſt thoſe, that are eaſie to be prepared, ſince they are compounded of a few things, and thoſe, not fetcht from forrein Countries, only one excepted,

The firſt is this: Take one dram of the Herb Two-blade, in half a Cup of red Wine, Boyled with the Leaves of the ſame Plant, every morning five hours before dinner. And let the place affected, be dayly anoynted with Oyl of four Olives, wherein a whole land Hedg-Hog that is Old, hath been Boyled, with his Skin and al, til the fleſh be conſumed.

The ſecond. Take for threeſcore daies one Cup of ſtrong red Wine, altered with one ounce, of Rupture-wort (the whole Herb with the Roots muſt be taken, and the tendreſt can be got) firſt bruiſed, and during the ſaid time, a Spunge muſt be laid to the place affected; that is firſt dipped into the ſame red Wine, and then preſſed out.

The third. Take one dram of Pouder, of equal portions, of Rupture wort,

Wall-Rue and Aſparagus and Horſe-Tail, in half a Cup of ſtrong Red Wine, for the time ſpoken of before; and let the place be anointed twice every day, with common Oyl or Oyl of St. Johns-wort, wherein live Lizards, by long ſtanding of it in the Sun, are conſumed.

The fourth. Let a Cerate be laid on, made of equal parts of Bdellium and poudered Aloes with the white of an Egg; and the ſame time let the ſick take one dram of the Pouder following in half a Cup of the beſt Red Wine, five hours before Dinner.

Take *Roots of great Comfrey, Herb Bennet, common Hedg-Hyſop, the leſs, Two-Blade, Horſe-Tayl, Coriander prepared, Juyce of Roſes, ſteel prepared with Roſe water, of each one ounce and an half.* Mingle them, and make a fine Pouder of them all.

The preparing of the ſteel is this. That the filings of Steel or Iron, be quenched in Roſe Water, and then dryed in the ſhade, and then again be ſet on fire, and quenched a-freſh in the ſame Water, until it can be poudered very fine.

But in the uſe [illegible] theſe Medicaments, this rule is generally to be obſerved: that a Truſs be conſtantly worn, and the ſick muſt take care he hold not his breath, nor uſe ſtrong excerciſe, nor eat or drink, meats or drinks that are windy.

Remedies for Tumors that proceed from Humors, are manifeſt by what hath been ſaid, ſince they muſt be directed to the taking away of the cauſe, which muſt be repulſed at the firſt: but in the augmentation, they muſt partly repel, and partly digeſt; in the ſtate, they muſt digeſt, or if it can be, bring to ſuppuration: but a Tumor that is very hard, muſt firſt be acurately ſoftned, then digeſted and diſſolved. Therefore ſome few things ſhall here be only annexed, that are found to be proved for ſome Tumors, and are Remedies eaſie to come by.

For an Eriſipulas of any part whatſoever.

Take fine Wheat flower ſo much as you pleaſe, put it into a bag of thin Weaving, and lay it to the part, at any time of the Defluxion.

For

For kibes that are Ulcerated: this is a moſt excellent Unguent.

Take *Leaves of green Tobacco, the inward, Rind of the Elder, of each one handful, Roots of the Male Daffodil ſliced, one ounce, common Oyl one pound;* Boyl all at a gentle fire til all the moiſture be conſumed, then preſs all out ſtrongly, *and add Frankinſence finely poudered half an ounce, Yellow Wax ſix drams.* Mingle them for a Liniment, and anoint the part affected within: then for Fingers that are pained, let it be rubbed ſtrongly on them til they grow very red and hot.

This is alſo good for fowlneſs of the Skin and for Morphews.

Againſt the ſwelling of the Feet from wearineſs, long Diſeaſe or contuſion.

Take *the Meal of whole Wheat* (that is not ſifted) *half a pound, pouder of wormwood half an ounce, Roſes one ounce, ſharp Red Wine what may be ſufficient.* Make a Cataplaſm at a ſoft fire: adding about the end, compleat *Oyl of Roſes one ounce and an half.* Make an Unguent.

Lay it on twice a day.

For hard ſwellings not Ulcerated, a

singular Remedy a reiterate purging of the Body: give for four daies together one dram of the Pouder of common Gladiol, which groweth most frequently amongst Corn, and take it in Broth altered with the Root of Pilewort, four hours before meat.

And lay upon the part, a Plaister of bruised new Wax, not yet purified from the Bees and the Honey: but if you cannot have it, then lay this Cerate.

Take *the Pouder of Lizards dried in an Oven, one dram and an half, Juyce of Tobacco, Yellow Wax and Burgundy Pitch, of each half an ounce.* Mingle them and make a Cerate, in the place of Burgundy Pitch, which is rare in Italy, take *Colophonia.*

For a Cancer not Ulcerated, that is not yet come to any notable Magnitude; nothing is better than the long using of the Plaister of Aquapendente, after a sufficient purging of the Body.

Take *Meal of Millet one pound, Oyl of Roses* (worked in a Morter of Lead with a Leaden Pestle, til it become of the colour

colour of Lead) *five ounces, ſweet Wine four ounces.* Make them to a Plaiſter, with a ſufficient quantity of the Decoction of Garden Night-ſhade, Sowthiſtle, and Golden-Rod of each alike, made in pure Water.

For watery and windy Tumors, Remedies propounded amongſt things that diſcuſs, are proper.

An Impoſtume with a little bag, is not cured by Phyſical means only, but the whole Bag muſt be drawn forth; or if that cannot be done, after the Tumor is opened, it is to be conſumed, partly with putrefying Remedies, partly with eating Cauſticks; of which we have Spoken already.

## *Remedies for Diſeaſes in Number.*

Since that a Diſeaſe in number Wanting, is made to be according to the defect of ſomething belonging to the complement of the Living, a Diſeaſe in number Augmented muſt properly be conſidered, according to the additi-

on of ſome natural thing, that is Redundant in number. Yet by uſe and abuſe of names, Stones, Worms; a Pin and Web are referred alſo to Diſeaſes in number.

Remedies for Worms and Stones are to be found amongſt theſe things, which reſpect the cauſe from the whole ſubſtance.

For a Pin and Web, theſe amongſt Remedies eaſie to come by, are the moſt convenient, being applyed Warm to the Eye, but eſpecially by the help of an Ocular Cupping Glaſs; that the Remedy may work longer and ſtronger.

Take *Herbs, Celondine, Fennel, Vervain Rue, of each one handful; Honey of Roſes half a pound, of Rape Roots bruiſed two ounces.* Stamp the Herbs and ſet all mingled together in the Sun, and let them be ſtirred daily; after forty daies preſs out the Juyce, to be kept for uſe in a Braſen Veſſel, and drop it into the Eye by it ſelf, or mingle it with more gentle Eye-Salves.

Another. Take fine poudered Sugar, Boyled in a Glaſs Diſh upon Aſhes, til it

wax

wax Red, likewiſe Vitriol purged from the dregs, and expoſed to the Sun til it Wax white, of each equal parts; with this Pouder fill the hollow of an Egg Boyled til it be hard, then binding both parts of the Egg faſt together, ſteep it four daies in water of Eye-bright, or white Wine that is ſomthing ſweet; wherein Eye-bright hath firſt been Boyled, or Seeds of Fennel or *Siler Montanum*, keep the Liquor preſſed out, in a Glaſs for your uſe.

Another. Take *white Wine ſomewhat ſweet very well purged and Clarified, one pound, Fennel Seed three drams, Indian Cloves one dram and an half.* Steep them for twenty four hours, then ſtrain them: to which add *afterwards* Aqua vitæ *two ounces, Antimony once melted, with an equal quantity of Salt Peeter, two drams*; then infuſe them again for two daies, then keep them for your uſe in a Glaſs Veſſel.

Another. Take the Juyce of Onions, drop it in by it ſelf, or elſe allaied with a little ſweet white Wine. It is a moſt excellent Eye-Salve and which wonderfully takes away the inflammation of

of the Eye, when there is any.

Alſo there is a ſingular Collyrium deſcribed amongſt the Remedies for the Eyes, which when need is, may be made more effectual, by mingling ſome kind of Gall with it, or of the ſecond Collyrium that was propounded, or the Juyce of a white Onion lightly Boyled with Milk.

But a Diſeaſe that is properly in number augmented, which followeth abundance of matter, and the ſtrength of the Plaſtick faculty is better cured by burning and cutting, than by conſuming Medicaments.

A Diſeaſe in number deficient, if it be natural, is altogether incurable, becauſe it proceeds from want of matter, and the weakneſs of the forming force, alſo an accidental deficient, if it fal out in a Spermatical part, it is incurable; but in a fleſhy part ſomtime it admits of cure. It requires the ſame Remedies that an hollow Ulcer doth, or a Compound wound, becauſe the part is wanting by the ſame cauſes, namely, cutting, burning, Corroding, putrefaction, and the like.

*Remedies*

### *Remedies of Diſeaſes in Situation and Connexion.*

A Diſeaſe in ſituation and Connexion, is either Connatural, and it comes to paſs, when the matter is taken away in the time of forming, or it is accidental, and falls out uſually by reaſon of three kind of cauſes, from Laxation, or disjoynting of the Continent parts, from ſolution of unity, and Violent extenſion from too much Repletion, or drivers.

The fault of the Plaſtick quantity admits of no cure.

The other three cauſes require the ſame Remedies, that a Diſeaſe in figure doth, which doth neceſſarily accompany a Diſeaſe in ſctuation.

### *Remedies of Diſeaſes in diſſolved Unity.*

Of diſſolved unity there may be aſ-

ſigned

ſigned two chief kinds, an Ulcer, and a wound.

That comes from an eating cauſe, and ſo muſt neceſſarily have joyned with it, loſs of ſubſtance.

A wound, is all other kinds of diſſolved unity, without an eating cauſe; whether it be a ſimple ſolution of unity, or with loſs of ſubſtance, as in a Compound wound.

And though for the diverſity of parts, often times all theſe things are changed (for an Ulcer in the bone is called rottenneſs, a wound fracture, when the Nerves are brok, it is called convulſion, when they are pricked, Puncture, and when the fleſh is bruiſed, men call it contuſion) yet ſtil they hold the ſame nature, ſo they differ not in generation; for whatſoever Ulcer proceeds from a ſharp and corroding matter, ſuch as are the Humors, and ſharp Bloody matter, harſh Poyſons, and Medicaments that are putrefactive, and cauſticks, actual fire, corruption, moiſture, into which the ſubſtance corrupted is diſſolved, as in a Gangrene: al other cauſes that diſſolve the continnity, by cutting, breaking,

breaking, Knocking, Contuſion, they make a wound only taken in a large ſence.

A ſimple wound, or ſolution of continuity without loſs of ſubſtance; is cured by Glutinative Medicaments, which by drying, Binding, Sticking, force the lips of the wound together, and bind them faſt: which Union cannot be made immediately in the Bones, becauſe of their hardneſs, but it is made by the means of a Callous, the matter whereof, glewing nouriſhments afford.

But fractures are faſtened and confirmed by the ſame glewing Remedies, of which there are two ranks, ſuch as are moderate, and ſuch as are forcible: thoſe belong to a part and conſtitution that are moiſt, theſe belong to parts & conſtitutions that are more dry, and to a Bloody wound.

Moderate Glutinatives; the moſt Obvious are: the white of an Egg, St. Peters-wort, Tutſane, Yarrow, Shepheards-purſe, the fruit of Creeping-Balſam, new Cheeſe, and Glew made of it, Horſe-Tail, Herb Bennet, Ciſtus, Flower

Flower of the Sun, the Graſs *Iſchæmon*, Plum-Tree Gum, ground Ivy. The Herb *Siciliana*, Herb Trinity, St. Johnswort, Adders Tongue, Yarrow, Leaves of Medlars, *Ophris*, Plantain, wild Pears, Damaſk Roſes, the Bramble, the Male Sanicle, Germander, Scabious, Veronica, Golden-Rod, Leaves of Elms

Of theſe, may be made vulnerary drinks: alſo they may be given inwardly in other forms.

They are laid on outwardly either bruiſed, or ſtrewed on in Pouders, or preſſed out and dropped in, or Boyled, chiefly in ſharp Red Wine, and their operation is helped by Ligature, by which the Lips of the wound united are held together.

There are ſome other things, whereby wounds that are ſimple and new, are preſently joyned together, applyed by themſelves & bound on; namely Roſin of the Larch or the Firr-Tree, Pellitory of the Wall bruiſed the bruiſed Leaves of Tobacco, dry Pitch, ſpotted Arſmart, beaten Oyl made by inſolation, or the Leaves of Adders Tongue, or

the

the fruit of the Balſam Apple.

But the chief of all, and like to a weſt Indian Balſam, (than which to knit wounds together, there is nothing better) is the Oyl that is drawn out of the flowers of St. Johns-wort, ſhut into a Glaſs, and made by heat of the Sun beams, by deſcent. Alſo Earth Worms waſhed in Black Wine and beaten, are good: alſo amongſt eaſie to be provided, may be ſet down that they call *Oleum Hiſpanum*, deſcribed in the five Books of Chirurgery of *Aquapendente*; by which in twenty four hours time, wounds are ſaid to be healed.

Theſe Glew together Violently; Lions-Foot, the flowers of flower-gentle, middle Comfrey, the leſs Comfrey, unripe Galls, all the Cranes Bills, but chiefly Pidgeons Foot, Hypociſtis, Hares-Foot, Rinds of Pomegranates, Leaves of the Olive, chiefly the wood Olive Tree, Mouſe-ear, Knot-Graſs, Juyce of Sloes, the tender Leaves of Oaks, Stone-Comfrey of Lobelius, Dog-berry Tree.

The way of diſpenſing of all theſe is the ſame with the former.

Outwardly

Outwardly, the flew of a hare burnt, Asses dung, burnt Spunges, and brought to Pouder, and Honey Suckles used what way soever.

But if the part be only contused, without any sensible solution: corroboratives are convenient, mixt with digesters and anodines: of this kind is Lead beaten with Wormwood, Wormwood heated on a Tile and sprinkled with Vineger, bean Meal with sweet Wine made into the form of a Cataplasm; also Flower of Wheat together, with Black Wine, Pouder of Roses, Wormwood and Oyl of Roses for a Cataplasm.

Arsmart bruised and sprinkled with hot Wine, Fomentations of hot Water, especially Sea water altered with Wormwood.

Moreover this Liniment is the best of all to heal all contusions, which wonderfully also asswageth the pain of the Swoln Hemroids, and takes away the pain of the Teeth, being softly rubbed on the Gums.

Take *common Oyl one pound, the Marrow of an Ox Leg, Yellow Wax, Rosin of the Firr-*

Firr-Tree, or Pitch (vulgarly called Roſe,) of each three ounces: freſh Butter four ounces.

Let them all melt at a ſoft fire, and when the Marrow is melted take them off.

An Ulcer is either ſuperficial, or deeper.

That is, either actually ſo, when the top of the Skin is wanting, as the frettings in Children; or is potential, that by the force of an external cauſe quickly comes to be ſo, unleſs it be hindered, as is burning, which if it be preſently helped there followeth no Ulcer.

A ſuperficial Ulcer is cured with the more mild inducers of a Cicatrize: burnings are cured with the ſame when the Bladders are broken.

But you may keep the part unhurt, if you lay on theſe things that follow, in time: namely writing Ink, Liquid Verniſh applyed with a very ſoft cloth: a whol Egg with Oyl of Roſes, or ſtirred together by it ſelf; Oyl made by Decoction of the middle Rind of Elders; white of an Egg very well beaten with Vineger, adding a little raw Allum to it.

Theſe two following Uuguents are the moſt excellent; with the former, of which the parts being anointed, you may handle fire without any harm.

Take *the Juyce preſſed out of the Marſh-mallows, Roots, and all, ſix ounces: Oyl of Elder four ounces, Crude Roch Allum one ounce.* Boyl them at a gentle fire to a mean conſiſtence, add *new Wax one ounce and an half*, mingle them.

The ſecond. Take *common Oyl, three ounces, new Wax one ounce and an half, Yolks of Eggs roſted under the Aſhes, in number two.* Diſſolve them and mingle them, til they become like an Unguent, ſpread it on a Cloth, and renew it twice a day.

Alſo an Unguent of Iſing-Glaſs is much commended, and of Allum *Plumbeum*, mingled with Vineger in equal quantities.

Alſo Juyce of Marſh-mallows, wrought with the white of an Egg.

A deep wound muſt firſt be filled with fleſh, with Remedies called Sarcoticks, which do ſcowr away the thick excrements of the part, and conſume the thin; then we muſt bring it to Cicatrize with Epuloticks,

Epuloticks, which by their great drying, do not only consume the excrements, but the Blood also, and do harden the upper Superficies of the Ulcer, and do as it were turn it into Skin.

Sarcoticks, or Remedies that fil up the Ulcer, are as large, as there be differences of hollow Ulcers.

For an Ulcer that is very moist, requires Remedies that are very great driers, so that such Remedies as are convenient to Skin a plain Ulcer, are necessary to fil a hollow Ulcer that is over-moist, but an Ulcer that is very foul requires strong cleansers.

But this is principally to be observed, that astringents be not mingled with great driers and scourers, for they will fasten the excrement to the Ulcer, and so make it more deep and spreading.

Therfore there may be set two degrees of Sarcoticks; the mean, that belong to a soft part, and to an Ulcer that is not over-moist and foul: And the Violent, which agree to a drier part, and are fit for an Ulcer that is very moist and foul.

Moreover there is no hopes to fil up an Ulcer by the help of Sarcoticks,

unleſs thoſe Impediments be firſt taken away, which hinder the Regeneration of the ſubſtance that was loſt, as the Flux of any matter, that is ptenan in overmuch plenty, or ill quality, the diſtemper of the Ulcerated part, a callous bred in the Ulcer, or Rottenneſs of the Bone, corruption or deſtemper.

Theſe things take away the Flux, namely ſuch as evacuate, make revulſion, repel, intercept, contemperate, and corroborate the parts affected, by the faultineſs whereof the excrements are renewed, of which we ſpake before in the Remedies of the cauſes, and Diſeaſes of the ſimilary parts.

The diſtemper of the ulcerated part, is corrected by contraries, of which we ſpake alſo: but in a Gangreen there is ſo great Humidity of the part and diſſolution of the inbred heat, that there is need of an actual or a Potential fire; but of the two, the firſt works quicker, and ſtrengthens the part more.

For a Gangrene in beginning, or where there is danger thereof, as in great blows from great Guns, there is nothing better than the following Balſom,

ſom, if Lint be dipt into it and laid to the wound, with which alſo all foul Ulcers, if there be malignity in them, are happily cured.

Take *flowers of Brimſtone three ounces, complete Oyl of Roſes half a pound, the beſt Red Wine four ounces.* Let them infuſe for eight daies at a gentle fire, alwaies ſtirring it til the Wine be conſumed, then ſtrain it, and diſſolve therein two ounces of the beſt Turpentine. Mingle them, and keep it for your uſe.

Alſo for Ulcers that proceed from thin Choller, as ſmal Bliſters, or ſuch as eat not deep, and for an Ulcerate Eriſipelex, when the Humidity of the part Joyned with Acrimony cauſeth great trouble in the cure; the following Uuguent of Elders profits exceedingly, for with it not only Ulcers of the ſimilary parts, but burnings of al kinds, and almoſt al foulneſs of the Skin are cured.

Take *common Sal: and the beſt Red Wine of each three ounces, diſſolve the Salt in the Wine, then add of the middle Rind of the Elder half a pound,* infuſe them for two hours, then add *compleat Oyl of Roſes one*

*pound and an half.* Boyl all at a gentle fire, til the moiſture be almoſt conſumed: then to the reſidue of the rind add further, *compound Oyl of Roſes half a pound, Salt diſſolved in Wine as before, half an ounce.* Boyl them ſtrongly til al the moiſture be conſumed, that the rind become dry and crumble, with this Oyl diligently preſſed out, Boyl Litharge of Gold prepared and ſifted two ounces, to which being exactly Boyled, add the foreſaid Oyl, and let them Wax hot, laſt of all put in the following Ingredients pulped through a Hair ſive together, namely, *of the beſt Ceruſs one ounce, Lead burnt with Brimſtone and not waſhed ſeven ounces and an half, Yellow Wax what is ſufficient to make an Unguent.*

A Callous is taken off moſt ſafely with a pair of Nippers, or with actual fire where it may be done; if it cannot, then it may be taken off with corroding Remedies, deſcribed amongſt the means of thickning the Cavity: by the reaſon of this Impediment there do often remain incurable Fiſtulaes, which cannot be cut, nor handled fitly every way by neceſſary Medicaments; for theſe the following

following Balſom is convenient, whereby the deep Fiſtulaes of the Anus and the Teſticles have been often cured.

It is thus eaſily prepared.

Take *Cranes Bill, or Pidgeons Foot cut, two ounces, Root of Flower-de-Luce very well waſhed three drams, Root of Black Hellebore prepared two drams, Wheat Corns one handful, bruiſe them groſſely,* and infuſe them for one day, in one pound of ſharp Red Wine; then add *Oyl of St. Johnswort and Mirtills of each three ounces.* Let them Boyl at a gentle fire til the moiſture be conſumed: make expreſſion and ſtrain them, then add *Bitumen, and Mirrh of each one dram and an half,* Let them ſtand at a ſoft heat til they be perfectly melted, then add *of Roſin of the Larch Tree and Firr Tree,* (and if you can get it of occidental Balſam) *of each one ounce.* Mingle them at an eaſie fire and make a Balſom to be dropt into a Fiſtula, and to be put in with Tents.

To take away Spungy Fleſh that abounds in an Ulcer, uſe the Remedies deſcribed for a Diſeaſe in conſtipation by Fleſh and a Callous.

Yet to theſe add the following

Pouder to make an Eſcar, whereby Malignant Ulcers (as Malignant Scrophalous matter, and ulcerated Cancers) if they be ſmal, and new are happily cured.

Take the Root of great Serpentine, gathered in *June*, and cut in pieces and dried in the ſhade, and of white Arſenick of each one ounce, Pouder them, and mingle them, and ſet them in the Sun til the beginning of *October*, in a great Bellied Glaſs well ſtopt, and ſhake them often, then keep the Pouder for this uſe: namely waſh the Ulcer often, and foment it with a wet Linnen Cloth with Water of Water Lillies, or the Decoction of the ſame; the next day after ſtrew on the Pouder, making a defenſative, for the ſame parts with ſome Cerate, leaſt the Pouder ſpread further than it ſhould, the eſcar will fal out of its own accord in twelve daies, and the cure muſt be accompliſhed with the ſtrongeſt Sarcoticks.

The Bone that is under the Ulcer being bare, muſt be corroborated by the ſtrowing on of Pouders, that Fleſh may grow upon it. And

And theſe are made of equal parts of the Root of Dog Fennel, round Ariſtolochia Flower-de-Luce, Mirrh and Frankinſence.

And if it have already contracted any Blackneſs, there is need of an Iron to ſcrape it off, and of actual fire; then the Pouder muſt be ſtrewed on.

If the Bone be Rotten, it muſt be taken away by Inſtruments of Iron and an actual Cautory.

Yet ſomtimes it fals out by reaſon of the narrowneſs of the Ulcer, and the windings in it, that the Bone underneath cannot be touched by Iron Inſtruments, or fire, and can hardly be perceived by the probe, in which caſe ſome ſharp and drying Remedy muſt be poured in for ſome daies that the rottenneſs may be taken away: of this ſort eaſie to prepare, are the Decoctions of Ariſtolochia, gentian, Wake-Robin, poured upon Calcined Tartar ſhut up in a Bag.

The Spirit of Tartar is more laborious which is chiefly commended for this purpoſe, if it be tempered with ſome convenient Liquor. The impediments

diments being taken away, the uſe of Sarcoticks wil be afterwards profitable, or of ſuch as fil up the Ulcer, a Catalogue whereof now followeth.

For an Ulcer that is not over moiſt and foul, and for a part that is very ſoft; mean Sarcoticks are convenient; namely Salt and Nitrous Mineral Waters, Betony, Gentian Root, Mints, flower-de-Luce, Honey ſuckles, Boyled Honey, the Clot-Burr, al kind of Roſins, Scordium, Wheat, Frankinſence.

Of Herbs, Decoctions may be made, for waſhings and infuſion; alſo Unguents may be made ſuddenly, making Oyl firſt by Decoction, then adding a quantity of Wax, & if you pleaſe ſome Honey alſo and Roſin, or Pouders, which are eſpecially provided of Roots and Frankinſence.

Alſo a ſimple Pouder of Herbs may be ſtrewed upon the Ulcer.

For outward Remedies, add Tobacco and the Leſſer Centory.

The form of an outward Unguent may be of this kind.

Take *Leaves of Betony one handful,*

*Tobacco*

*Tobacco half a handful, common Oyl four ounces.* Cut the Herbs and Boyl them in Oyl, til al the moiſture be conſumed: then add common Roſin one ounce, new Wax half an ounce, Pouder of the Root of Flower-de-Luce or Frankinſence two drams, mingle them and make an Unguent.

The more forcible, and ſuch as are proper for a ſordid Ulcer, and a part that is more hard, theſe are convenient: round Ariſtolochia Roots, good Henry, *Colus Jovis*, Horehound, Raw Honey, Mirrh, Root of Dog Fennel.

In outward Remedies, Chimney Soot, Blacking of Pitch, Lime very wel waſhed, dry Pitch, Liquid Pitch mingled with Honey, the ſhels of Periwinkles, and the ſhels of al Sea Fiſh Burnt, and the Aſhes of all Sarcotick Herbs.

Theſe may be made of divers forms, as in Liniments, Unguents, Pouders, Juyces and Decoctions.

Alſo the Leaves of good Henry, and *Colus Jovis* lightly bruiſed, and laid on with the Back ſide, cure al Ulcers that are hard to be cured.

To theſe belong the Balſam of Brimſtone

ſtone diſcribed [illegible] wonderfully fils up hollow Ulcers; *Rulandus* makes an Unguent of it, that is very much commended for all rebellious Ulcers, As.

Take *the Balſam of Brimſtone three ounces, new Wax half an ounce, Colophonia three drams, Mirrh, the wait of them all.* Let the Mirrh finely poudered be ſtrewed in by degrees to al the reſt when they are melted and wel mingled: and let them be Boyled at a ſoft fire, alwaies ſtirring them with a Spatula, until they are ſingular well mixt, which commonly fals out in a quarter of an hour; then take it from the fire, and let them cool eaſily.

Yet the Plaiſter of *Theophraſtus* gives place neither to this Remedy nor to any other, and it is eaſie to be provided, whereby Old, rotten, ſtinking Ulcers, that are very hollow and foul are wonderfully cured, and it may be laid to all hollow Ulcers, if for Ulcers that are troubled with a ſharp Defluxion, and very tender, it be tempered with the Unguent of Elder diſcribed before for St. Anthonies fire, adding a greater or leſſer

leſſer quantity, as the ſence of the part is more quick, and the neceſſity of regenerating Fleſh be more or leſs.

The Plaiſter is this.

Take *ten Yolks of Eggs, clear Turpentine half a pound.* Mingle them with a woodden Spatula to an ointment, in the ſame Veſſel they muſt be Boyled, and this wil be done in half a quarter of an hour, then add Honey to the weight of them al, ſtir them ſtrongly and quickly that they clotter not: then Boyl them at an eaſie Coal fire, moving them conſtantly, then increaſing the fire, til they become of a browniſh dark colour, more like to Black, then Yellow or Reddiſh.

An Ulcer and a wound, that is filled up to make an equal ſuperficies with the ſound part, is healed with Epuloticks, or ſuch as cauſe it to Cicatrize, whereof ſome are milder, and more convenient for ſoft parts, ſome are for parts and conſtitutions that are harder.

The more violent, ſhould they be made

made uſe of in a ſoft part they will make a Cicatrize but ſo hard and Callous that it may hinder the motion of the Joynt.

The meaner that are moſt Obvious are theſe: Potters Earth, or white Chalk, Horſe-Tail, the flowers of both Pomegranats, Ceruſs, Cotton burnt, the Aſhes of Lint, Penny wort, Scuttle Bone, burnt Spunge, flew of a Hare burnt, Root of Tormentil, al Medicinal Earth, Litharge, and al cold things that are moderately aſtringent; alſo the cold Air of it ſelf wil make a Cicatrize; dry forms work more ſtrongly than the moiſt do, therefore Pouders applyed with Lint are good.

But to avoid the inequality of a Cicatrize and hardners in a conſpicuous part, it ſufficeth to uſe Liniments or Unguents.

The moſt excellent is the Unguent of Elder already propounded againſt Herpes or the Wolf.

Other Remedies may ſuddenly be provided of Ceruſs, or Litharge, with a fourth part of Oyl of Roſes, or the

the like, and a little Wax: Mingle therewith the Pouders that are more drying if need require.

The more Violent are all cold Remedies that dry forceably, propounded elſewhere, to which you may add mineral Waters, of Allum and Gip, ſuch as is that of Padua, of the mountain of the Sick, the Calx of Antimony very well waſhed, common Lime wel waſhed, the Calx of Vitriol, Gip, the filings of Iron often ſprinkled with Roſe Water or Plantain or the like, and dried that it may be poudered: the Scales and droſs of Iron waſhed, Lead burnt alone and waſhed, the ſhels of any Creatures burnt & waſhed, all which (except Iron and other aſtrinents propounded) are applyed outwardly either in the form of a Pouder, or mingled with other more mild Unguents. Hot Baths ſerve for bathings and to ſit in.

And theſe are moſt of them Medicaments that are eaſie to provide, with which, in any part of the world, and without the help of Apothecaries, any kind of Diſeaſe may be cured.

The

The way, where there is need, to mingle theſe things readily without great proviſion of Inſtruments, is not dark to be underſtood, and collected out of what hath been ſaid, and is ſcattered here and there through the whol Book.

*FINIS.*

# HEALTH
FOR THE
RICH and POOR,
BY
# DYET,
Without
# PHYSICK.

By *Nich. Culpeper*, Student in Physick and Astrology.

*LONDON*:
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# To the Reader.

EXcellent and true was that ſpeech of Galen; plures Gula periere quam Gladio, the Throat deſtroies more than the Sword doth, exceſs in either meat or drink cauſeth Crudities; Crudities Sickneſs, and Sickneſs Death, and this is the abſolute and indeed undeniable reaſon, (unleſs to ſuch as wil carp at every thing) why ſo many are taken away in the prime of their youth, viz. Becauſe they keep not a temperate Diet.

But this argument of the miſchiefes intemperancy doth, though it be great, yet is it not the greateſt, for then Death were the greateſt of evils, but intemperancy not only cauſeth both a ſhort and Sickly life here, but alſo by Crudities choakes the intellectual & Angellical part of man, whereby his Brains are made ſo muddy, that he is pro tempore made incapable of the underſtanding of what great things God, in his two Books, the Book of the Scripture, and the Book of the Creatures, hath left for him to know, and ſtudy after, al which may be remedied by a temperate Diet, or at the loweſt a temperate Diet wil bring him into a way of remedying of, or a capability of ſtudying a remedy for himſelf; for ſobriety brings ſingular beneſits both to the Bodies and minds

*of men. If it give a quiet Serene Body in reſpect of health, it muſt needs by conſequence conduce to the attainment of Wiſdom by contemplation, If it ſtrengthen one part of man. It muſt needs ſtrengthen all by the ſame rule, then look how much difference there is in purity, betwen Water which is cleer, and Water which is muddy, ſo much and more too is there in a man, who keepr a temperate Diet, and one who obſtructs his Brains by Crudities, life and health, ſtrengh of Body and mind, vertue the beſt of all wealth is that I here treat of, and not Toyes and Trifles, nor Prieſt-like, to tire out my thoughts and your Brains with a tale of a Cock and a Bul.*

*The reaſon of my pitching upon this Subject and laying by other weighty ſtudy which groan for a deliverance, is my own want of health at preſent writing hereof, If my want come through intemperancy which I am half afraid of, and it alſo make me unfit for ſtudy, Oh what a ſtudent would temperance make me, I confeſs I am only ambitious that way, and if I have done ſo much being intemperate. Oh! what may I do. If I now turn temperate.*

*Temperance is then a vertue and of this vertue I write, and that I may write in order, you ſhal find my diſcourſe Marſhalled into Chapters and treated of in this order.*

1. *What is meant by a ſober Life.*
2. *Rules to find out the fit meaſure of meat and drink.*

3. *Objections*

3. *Objections Answered.*
4. *A temperate Diet frees from Diseases.*
5. *Arms the Body against accidents.*
6. *Resists Epidemical Diseases.*
7. *It makes mens Bodies fit for any Employment.*
8. *It makes Men live long.*
9. *It makes Men die without pain.*
10. *It maintains the sences in Vigor.*
11. *It mitigates passions and affections.*
12. *It preserves the memory.*
13. *It quickens the understanding.*
14. *It allayeth the heat of Lust.*

These be the benefits to be discoursed of and the Lord assisting practised by.

Nich. Culpeper.

COme hither friend and learn to hate
Luxury; ere't be too late,
If temperate, you nere need take
Physick, but what Cooks do make,
With long life you shal be blest,
And in knowledge much encreast
Such a sober soul can tel
How to weare her Garment wel,
Be but temperate a while
Thou shal see December Smile,
Deckt with Flowers with Roses Cround,
And throughout the world renownd,
Then shal old Age unto thee
A pleasure, and no burden be,
Mark how the Devil is disturb'd
To see thy Lusts and passions curb'd,
Mark how the glorious Angels Sing,
Infolding thee in Silver Wings,
How they rejoyce and Sing, to see
Thee tending temperate to be,
Yea God himself from Heaven above
Wil Shower down blessings, grace and love
Upon thy Head and thou shal be
Upon the Earth the only He,
And at last when this life ends
Thy Corps and Spirit part like friends.
This same Book makes an Essay
To lead thee in this lovely way

Ita Dixit

Nich Culpeper.

# HEALTH
## FOR THE
# RICH and POOR,
## BY
# DYET, *without* PHYSICK.

## Chap. 1.
### *What is meant by a ſober Life.*

1.

BY a ſober Life, I intend ſuch an exact quantity of meat and drink, as the Conſtitution of the Body allows of, in reference to the Services of the mind.

2.

I add [in reference to the Services of the Mind] becauſe ſuch as lead a ſtudious Life, ought not to eat ſo much, as ſuch as lead a laborious Life, their digeſtion being not ſo good, therefore their Meat ought to be leſs in quantity, and light of digeſtion.

3.

This exact proportion being found out both

according to quantity and quality, is to be kept in a conſtant meaſure.

4.

Although the Matter of this ſober Life, or Diet, be mainly converſant about Meat and Drink; yet it forbids exceſs in all the other things, called, not Natural.

5.

This Meaſure in reſpect of Quantity, is not the ſame to all ſorts of People, but very different, and that two waies.

1. In divers People.
2. In divers Ages.

6.

In divers People it is different, according to the Diverſities of Complexions.

7.

It muſt be varied in one, and the ſame man two waies,

1. According to Age.
2. According to ſtrength.

8.

For Youth and Age require a different quantity; and ſo do ſuch as are ſick, and ſuch as are in health.

9.

One Quantity is not convenient for Bodies of contrary Complexions; for that which is too much for a Flegmatick man, is not ſufficient for one that is Chollerick; and the Reaſon is, Becauſe the temper of the Stomach is different in all theſe caſes. Now then to come a little cloſer home to the Point.

10. The

10.

The meaſure of Food, ought to be (as much as poſſible may be) exactly proportionable to the quality and condition of the Stomach, becauſe it is the Office of the Stomach to digeſt it.

11.

And that quantity is exactly proportionable to the Stomach, which the Stomach is able perfectly to concoct and digeſt, and withal ſufficeth the due nouriſhment of the Body differently, according to the employment either of Body or Mind.

12.

Hence then it appears, That a greater quantity of ſome Meats, is to be taken, than of other ſome, and that with regard to the perſon eating them alſo: for ſome meats are more appropriated to one Stomach, than to another; and ſome Meats are lighter of digeſtion than others are.

13.

In ſuch as exerciſe bodily Labors, the Faculties of the Body, are chiefly exerciſed, and a greater meaſure is requiſite for them, than for ſuch as only live ſtudious lives, and exercile the Faculties of the Mind only.

14.

The Reaſon is cleer as the Sun; for the exerciſes, and employments of the Mind, hinder concoction, becauſe they cal up the whol power of the Spirits to ſuccor the Brain and Underſtanding.

15.

If Reaſon will not ſerve the turn, let us ſee

what Experience wil do. A man that is intent upon his ſtudy, regards neither what he ſees nor hears, no, nor what his deareſt Friends ſay to him; but anſwers either not at all, or not to the purpoſe.

16.

Therefore a little Food ſerves the turn of ſuch as ſtudy, far leſs than for ſuch a one as applies himſelf to bodily exerciſes, though equality of Age and Temper, might otherwiſe happily require equality of Diet.

17.

The Difficulty then lies, in finding out this exact Meaſure; and the ground of this Difficulty lies in Pleaſure, which knows not the bounds of Neceſſity; for Luſt knows not where Neceſſity ends.

18.

I ſhal conclude this Chapter with this Aphoriſm: He that deſires a long Life, a healthful Body, a vigorous Mind, and to be acquainted with the wonderful Works of God in the Creation of the World; Let him labor in the firſt place, to bring his Appetite into ſubjection to Reaſon.

Chap.

## Chap. 2.
## *Rules to find out the fit meaſure of Meat and Drink.*

### RULE, I.

1.

IF thou takeſt ſo much Food at Meals as makes thee unfit for Study, and other Duties of the Mind, it is evident thou exceedeſt the due meaſure thou oughteſt in Reaſon to keep.

2.

For both Nature and Reaſon teach, That the Vegetable part of man, which is that part upon which growth and conſervation conſiſts, ſhould be ſo ordered, that it ſhould give no offence, nor bring any damage to the Animal, and Reaſonable part; for the one is ordained for the Service, not the deſtruction of the other.

3.

Now this is cleer, That all the offence that proceeds to the Brain (by way of Food I mean) ariſeth from the abundance of Vapors that are ſent up to the head; which either would not be at al, or elſe be pure, and not crude, if exceſs in Diet were avoided.

4.

Neither are thoſe Vapors only, and immediately ſent up from the Stomach, which if that were all, it were bad enough; but alſo from the

Liver and Spleen, which being overcloyed, in Concoction ſend up abundance of fuliginous, ſooty Vapors to the head.

5.

On the contrary (for Phyloſophers know that Contraries beſt diſcover one another) A ſober Diet doth by little and little, diminiſh theſe Vapors, and in ſhort time, reduceth them to their due proportion, both in quantity, and in quality.

6.

For when Nature is not burdened, ſhe governs the Body perfectly, and ſo wiſely orders and diſpenſeth al things, that neither Diſeaſes ariſe in the Body, nor impediments in the Mind.

## RULE, II.

1.

If thou find a dulneſs, heavineſs, and wearineſs after meat, it is a ſign thou haſt exceeded the due meaſure.

2.

For Meat and Drink ought to refreſh the Body, and make it more cheerful, and not to dull and oppreſs it.

3.

If then thou findeſt theſe il Symptomes, conſider diligently whether it come through ſuperabundance of Meat or Drink, or both, and ſubſtract accordingly: and do this by degrees alſo, till by little and little thou findeſt no longer any ſuch inconveniences

4. For

4.

For theſe Symptomes proceed not from defect of Nouriſhment, as many Fools think; but from abundance of ill Humors.

5.

*Videtur quod ſic.* Ill Humors ſtop the Muſcles and Nerves, by which the Spirits have their paſſage; ſo that the Animal Spirits cannot govern and order the body as they would, and ought to do: Hence comes the Body to be dull and lumpiſh, becauſe the Spirits are intercepted in their paſſage by the exceſs of ill humors.

## RULE III.

1.

We muſt not paſs immediately from a diſordered kind of life, to a ſtrict and preciſe life; but ſubſtract from the exceſs by little and little.

2.

*Videtur quod ſic.* All ſudden changes bring prejudice to Nature, though they be from bad to good; becauſe Cuſtom hath got ſtrong poſſeſſion over Nature, and muſt be outed by degrees.

3.

For as il cuſtom came on ſtep by ſtep, ſo muſt it be left off ſtep by ſtep, that being not perceived in the progreſs, it may not be difficult in the performance.

## RULE IV.

1.

Touching the Quality of the Food, there is no great care to be had, ſo that the Body be of a healthful Conſtitution, and find the Meat he eats do him no harm.

2.

For almoſt al ſorts of Meats agree with healthful Conſtitutions, if the right Quantity be kept.

3.

All ſorts of Foods muſt be avoided, whereby the Eater doth afterwards find prejudice, though they pleaſe his Taſt never ſo much.

4.

It is beſt for Students to uſe a good quantity of Bread with their Meat, for the damage it brings may thereby in a great part be avoided; and indeed to have a great care of all Meats which they find to offend; for ſuch cauſe Crudities, and by Crudities, cloudineſs and dizzineſs of the Brain, Catarrhs, and diſtillations on the Lungs, Wind, Gripings, Gnawings, and Frettings of the Guts; and what a mad thing is it to buy theſe vile and fading pleaſures of Gluttony, at the rate of ſo many, ſo great Inconveniences; and to pleaſe a liquoriſh appetite, enter into ſuch a thraldom with Gluttony, as ſpoils both Spirit, Soul, and Body.

5.

Only take this Caution: When I ſay, Students ought carefully to avoid al Meats that offend

ſend, I do not intend, but that they may now and then eat a little of any Meats they deſire; for oftentimes that which offends Nature, being taken in large quantities, benefits Nature, being taken in leſs proportions.

6.

Alſo take notice, That after this Diet is exactly obtained, Appetite wil be ſo ſubſervient to reaſon that it wil require nothing but what Nature hath need of, it will deſire as Nature deſires.

7.

For ancient People, *Panada* made with Bread and fleſh Broth, is moſt ſingular Food, and very light of Digeſtion; and now and then an Egg would not do amiſs, and that for theſe Reaſons,

1. They do not eaſily putrifie in the Stomach.
2. They breed very good blood.

## RULE V.

1.

Beware of variety of Meats, and ſuch as are curiouſly and daintily dreſſed.

2.

Becauſe they prolong the Appetite beyond the ſatisfaction of hunger and thirſt, ſo that three or four times as much as would ſuffice Nature, is thruſt in by liquoriſhneſs.

3.

Different Meats have different Natures, and ſeveral tempers, ſometimes contrary; ſome are ſooner

ſooner digeſted, ſome later; whence enſue wonderful Crudities to the Stomach, nay, the whol Digeſtion is depraved.

## RULE VI.

1.

Keep as much as may be from the view of dainty Feaſts and Banquets.

2.

The difficulty of keeping a juſt meaſure in Diet, proceeds from Appetite, and Appetite proceeds from Apprehenſion of the Fancy, which conceives Meats to be delightful and pleaſant; which Fancy is ſtirred up by their ſight and ſmel: the preſence of every Object doth move the Fancy to what pertaineth to it ſelf; ſo vain a thing is man.

3.

It is far more difficult to reſtrain the Appetite from good cheer when it is preſent, than from the deſire of it when it is away. The like may be ſeen in the Objects of all the other Senſes.

## RULE VII.

1.

Imagine the things whereunto Gluttony allures us, not to be as outwardly they appear, *viz.* Good, pleaſant, ſavory, and delightful; but filthy, ſordid, evil ſavored, and deteſtable, as indeed a little time after they wil appear.

2.

All things when they are reſolved nto their Principles, ſhew themſelves in their colors, what indeed

indeed they are, which before lay diſguiſed under a gallant vail.

3.

The more any thing is delectable to Gluttony, the more abominable it proves, when 'tis concocted, and yields the more noiſom ſmel, and this is the reaſon why ſuch as fare hard, and work hard, have ſweeter and pleaſanter bodies than ſuch as live idly, and fare deliciouſly, the perfume of their Garments excepted.

## Chap. 3.
### *Certain Objections Anſwered.*

Object. 1.

*WHether this Meaſure and ſtint being once found out, ought to be altered, or not?*

*Anſw.* 1.

Winter requires ſomthing a larger quantity of Meat than Summer.

2.

Hot and dry Meats agree beſt with Winter, cold and moiſt with Summer.

3.

All this requires no ſuch great ſcrupuloſity; for 'tis an eaſie matter in Summer, to ſubſtract a little from your Meat, and add to your Drink; and in Winter to ſubſtract from your Drink, and add to your Meat.

4. Beſides

4.

Beſides: If ſuch extraordinary curioſity were required, a man muſt alter his Diet, according as the Air alters in drineſs and moiſture, which ſuch as pleaſe may.

Object. 2.

*Whether the dayly Meaſure ought to be taken at one, or more times?*

*Anſw.* 1.

The Antients, who lived in hot Countries, took it all together, and that about three of the clock in the after noon.

2.

Weak Perſons, and aged People, had better take it at twice, becauſe ſmal quantities ſuit beſt with weak digeſtions.

3.

Cuſtom and Complexion muſt be heeded in this particular.

Object. 3.

*This Stint, or ſet Meaſure, hath been condemned by many excellent Phyſitians.*

*Anſw.* 1.

Perhaps becauſe it made the leſs work for them.

2.

It may be they quarrel only at the ſtrictneſs of the Diet; which if that be all, we confeſs a man may caſually ſomtimes exceed: when he hath

hath ſo, it's but faſting the next Meal, and all wil be wel again, provided it be not conſtant: what a piece of matter is it, when one hath eaten too much at Dinner, to forbear eating any Supper? or if too much at Supper, to avoid Dinner next day?

3.

We intend not ſuch a ſmal quantity as is inſufficient to maintain Nature; but ſuch as is moſt convenient and agreeable to the Stomach, and beſt conducing to health; and if this diſpleaſe the Phyſitians, I ſhal not ſeek to pleaſe them.

## Chap. 4.

### *A Temperate Diet frees from Diſeaſes.*

1.

It prevents Crudities, which is the Mother of Diſeaſes.

2.

It ſo tempers the Humors (if there be ſuch things in the Body of a healthful Man) and maintains them in equal proportion, that they offend not in quantity, nor quality.

3.

Where there is an agreeable proportionableneſs amongſt thoſe things which are commonly called

called Humors, there is no matter for a ſickneſs to work upon; for the ground of Health lies in this, That the Humors be rightly and proportionably tempered in the Body.

4.

Experience teacheth, That ſuch as keep a ſober Diet, are very ſeldom, or never moleſted with Diſeaſes; and if at any time they are ſurprized with a ſickneſs, they bear it better, and recover it ſooner than ſuch whole Bodies are as ful of il Humors, as an Eg is ful of Meat.

5.

The Reaſon is, Becauſe all Diſeaſes have their original from Repletion, *viz.* Taking more Meat and Drink than Nature requires, or the Stomach can wel concoct.

6.

Excellently then ſaid the wiſe man, *Eccleſ.* 37. *Many have periſhed by Surfets, but he that is temperate, ſhall prolong his life*; and a little before, *Be not greedy upon every dainty, and pour out thy ſelf upon every meat, for in many meats there will be ſickneß.* Now a ſober Diet prevents Crudities, and by conſequence takes away the root of Diſeaſes.

7.

That which we cal Crudities, is the imperfect concoction of Food.

8.

When the Stomach, either through the over great quantity of Meats, or of their malignant quality, or of the variety of them taken at one time, or not a due ſpace taken between Meals, that

that the firſt may be concocted, ere you take in more: the Chyle made of ſuch Meats muſt needs be crude, which cauſeth many Inconveniences, as,

1. It fils the Brain with **Chollerick and Flegmatick** Excrements.
2. It breeds Obſtructions.
3. It corrupts the temper of the whol Body.
4. It fils the Veins with putrified **Humors.**

9.

If the Stomach make a corruption inſtead of a concoction, the Liver cannot turn that bad Chyle into good blood; for the ſecond concoction cannot amend the faults committed in the firſt; nor the third, thoſe in the ſecond.

10.

Then from corrupted blood, muſt needs proceed corrupted Fleſh; but by little and little, it putrefies, and breeds, firſt, Diſeaſes; ſecondly, Death.

11.

Now then, a ſober Diet cauſeth a good Chyle, ſuch a one as is agreeable to Nature; from good Chyle, good Blood is bred; and from good Blood, proceedeth good Nouriſhment, and a good temper throughout the whol Body.

12.

Neither is this al the benefit of a ſober Diet, (which if it were, it were worth the embracing) but alſo it conſumeth the ſuperfluous Humors that are already in the Body; and that more ſafely, more effectually, than bodily exerciſe doth, or can do.

13. For

13.

For Exercise confusedly stirs the Body, and that many times with much perturbation of the Humors, with much heat and hazard of sickness, with much pain and grief; but abstinence doth with ease and equality make a general evacuation.

14.

For it extenuates what is over thickened, opens what is closed, consumes what is superfluous, opens the passages of the Spirits, and makes the Spirits cleer, and that without disturbance of the Humors, without fluxes and pain, without heating the Body, and hazard of Diseases, without expense of time, or neglect of other Employments.

15.

We deny not but Exercise may, nay, ought to be used in due time, and in due measure, a quarter of an hour before Meals, or so, to swing a weight, or swing your Arms about with a smal weight in each hand, to leap, or the like; for this stirs the Muscles of the Breast.

Chap.

## Chap. 5.

### *A temperate Diet arms the Body againſt external Accidents.*

1.

Thoſe that have their Bodies free, and untainted, and the Humors well concocted, are not ſo eaſily hurt by heat, cold, or labor, and other the like inconveniences; as thoſe whoſe Bodies are ful of ill Humors.

2.

If at any time they are thereby prejudiced, they are much ſooner and as much eaſier cured.

3.

Alſo in wounds, diſlocations and bruiſes, they are ſoon cured, becauſe there are no ill Humors to flow to the place afflicted.

4.

For in al ſuch caſes, tis the Flux of Humors that cauſeth pain, corruption and inflamation &c. which are the things that hinder cure.

## Chap. 6.

### *A Temperate Diet reſiſts Epidemical Diſeaſes.*

1.

All Epidemical Diſeaſes, as ſuch as are real Phyſitians know; proceed from the Ayr corrupted by planetary influence,

2.

The evil of the influence of the Planets, lies not in the Planets, but in our own Bodies, if there be no tinder there, you may knock the Flint and Steell together, til your Heart akes, before you can get the fire to take.

3.

If then your Bodies be kept cleer from corruption, by a temperate Diet, there is nothing for the Diſeaſe to work upon.

## Chap. 7.

### *A ſober Diet makes mens Bodies fit for any Employment.*

1.

It makes the Body lightſome, freſh and Expe-

dite

dite to all the motions thereunto appertaining.

2.

For, heavineſs, dulneſs, and the like oppreſſions of nature, proceed from ill Humors, and ill Humors from ill Diet, whereby the Joynts and Ventricles of the Body are filled ful of ſuperfluous moiſture.

3.

Alſo that a ſober Diet Cheers, and cleers the mind, is perſpicuous; for ill Diet cauſeth ill Humors; ill Humors ſtop the paſſages of the Spirits, which a ſober Diet in a ſmal time Remedies.

4.

Hence it is cleer, that in him that keeps a ſober Diet, the concoction is perfect, good Blood bred; and of good Blood, good Spirits, free, lightſome and cleer: ſo that both agillity of Body and vigor of mind is thereby acquired.

## Chap. 8.

### *A ſober Diet makes Men live long.*

A ſober Diet, not only brings health of Body, and vigor of mind, both which are very deſireable things, worth more than pence a piece: but alſo it gives long life to them that follow it, and glorifie God by it.

2.

Infinite examples might be brought of this, I ſhall only quote one, which is *Galen*, who by keeping an orderly Diet, lived one hundred and twenty years, which in that hot Country, where he lived, was as great a wonder, as if he had lived two hundred yeers here,

3.

As for the influences of the Planets and their *Anareta*, they may go Shake their Eares; this life is ſomthing above their influence, for their influence is only upon the ſenſual part of man: but this life is rational and far above the Pitch of ſenſuallity.

4.

We might cleer this a little further thus: we all know that there is a ſtarry part within our Bodies, as wel as without, which mixing evil influence with that without, cauſeth Diſeaſes; ſo that if the internal, celeſtial part were kept pure, there could be no more mixture with any external (*quo ad nos*) evil influence, than is between Oyl and water.

5.

This is the reaſon, ſuch of old that led ſober lives, were vertuous men & lived long; as *Socrates*, *Hippocrates*, *Paulus Æmilius*, *Auguſtus Cæſar*, *&c.* But ſuch as were haters of a ſober life, were ſworn enemies to vertue, as *Caligula*, *Heliogabalus*, *Geta*, *Vitellius* &c.

6.

If any queſtion a Cæleſtiall motion within us, anſwerable to the motion of the Heavens, let him

him but conſider, that man is an exact Epitome of the Creation, and he is anſwered.

7.

Thus you ſee, a ſober life mitigates evil influences of the Planets; and if ſo, then by the very ſame rules, it as much encreaſeth the good; and this is a terreſtiall Paradiſe to him that uſeth it, farr exceeding *Parkinſons* Garden of delight.

8.

Laſtly, that this long life comes by the power of nature in a natural way, and not by any ſupernatural gift of God is cleer; becauſe the Turkiſh Prieſts who Stick cloſe to temperance live very long.

9.

I have a caution or two, to give, and an Objection to anſwer, before I conclude this Chapter.

10.

Capital Offenders, Murtherers and the like although they keep never ſo exact a Diet, ſeldom live long, becauſe vengeance proſecuteth them, yet die they not by corruption of Body, but outward Violence.

11.

People extreamly addicted to luſt, are ſeldom long lived, becauſe nothing ſo exhauſteth the Spirits, and beſt Juyce of the Body, as luſt doth, nor more weakens and overthows nature; yet this as we ſhall ſhew hereafter is much mitigated by a ſober Diet.

12.

But ſome wil ſay, there are in the world which live to extream Old Age, yet keep no ſuch Diet, but ſtuff themſelves every day to the ful with meat and drink. To this I anſwer.

13.

1. This is rare: moſt Gluttons die before their time. And one Swallow makes not a Summer.

14.

2. If Irregular eaters and drinkers would obſerve a moderation, they would queſtionleſs live much longer and in better health.

15.

3. Their mind Suffers for it, though their Bodies do not, the whol force of Nature is, and muſt needs be Enthralled to the concoction and digeſtion of meats, from which, if it be drawn to the duty of contemplation, they either make but woodden work at that, or elſe their digeſtion faills them, and then Crudities of neceſſity follow.

16.

Their Heads by ill Diet, are ful fraught with Vapours, which cloud the mind, ſo that if they excerciſe their thoughts much, about any deep ſtudy, it cauſeth pain and griefe, ſo that although they do live long in body, they live but little in underſtanding. And what is this more than to make thy Soul a ſlave to the Fleſh, a Servant to his Vaſſal.

17.

Conſider how ill ſuch a life Suits with Nature

Nature, much leſs with Chriſtanity, whoſe happineſs conſiſts in mortifying the ſences, and excerciſing the mind which is the better part of man.

18.

They that are of weakly Conſtitutions, if they live temperately are more ſecure touching health and prolonging of their lives, than thoſe of the ſtrongeſt conſtitutions are or can be, if they live intemperately.

19.

For the former have no ill moiſture in their Bodies, or at leaſt, not in ſuch quantity as to breed Diſeaſes, but the latter in ſome few years, muſt of neceſſity have their Bodies cloyed with il Humors; which by little and little putrefying, do ſooner or later break out into great and dangerous Diſeaſes.

20.

I ſhall add but two Aphoriſms from *Galen* and ſo conclude this Chapter.

They (ſaith he) who are weakly complexioned from their Mothers Womb, may by the help of that art, which preſcribes the courſe of Diet, attain to extream Old Age, and that without diminution of ſences, or Sickneſs of Body.

21.

The laſt he quotes of himſelf.

As for my part (ſaith he) though I never had a healthful conſtitution of Body from my very Birth, yet by uſing a good Diet after the twenty eight year of my Age, I never fell into the leaſt

Sickneſs, unleſs now and then, into an one-day Feaver taken by over-much wearineſs.

## Chap. 9.

### *A ſober Diet makes Men die without Pain.*

1.

Let it not ſeem a miracle, that Spirit and Body ſhould part friends; and without pain or griefe, for it may, by a ſober life be brought to paſs; which is our task in this Chapter to prove.

2.

For in ſuch, the bond that unites them is unlooſed, not by any Violence uſed to Nature, but by a Simple reſolution, and Conſumption of Radical moiſture.

3.

For as a burning Lamp may three waies be extinguiſhed.

1. By outward Violence, when it is Blown out, or the like.
2. By pouring in ſo much Water, whereby the Oyl is drowned.
3. When the Oyl it ſelf is ſpent and conſumed.

Even ſo Mans life, which in this particular, much reſembles a Lamp, is three waies extinguiſhed.

1. By

1. By external Violence, as the Sword, Bullet Gallowes or the like.
2. By aboundance of ill Humors, whereby Radial moiſture is firſt oppreſſed, Secondly over-thrown.
3. When the Radical Humors by long ſpace of time is quite conſumed.

4.

In the firſt and ſecond kinds of theſe deaths, there is much diſturbance of Nature, and ſo by conſequence much griefe and pain muſt needs enſue; in regard, Radical moiſture which is the bond of Nature, is Violently aſſaulted and overthrown.

5.

In the third, muſt needs be very little pain or none at al, in regard the bond of life is quite waſted and diſſolved by little and little: for as Radical moiſture waſteth by little and little, ſo natural heat abateth in like manner, and the moiſture being ſpent, the heat is extinguiſhed as we ſee in Lamps.

6.

Now then to the purpoſe: by a temperate Diet, evil Humors are prevented, neither is Radical moiſture overpreſſed, but Man lives til Radicall moiſture and natural heat be both by tract of time inſenſibly conſumed, and Mans wil to live, dies when his Spirit departs.

Chap.

## Chap. 10.

### *A ſober Diet maintains the ſences in Vigour.*

1.

Having ſhewed what benefits it brings to the Body, let us now riſe a little higher, and ſhew ſome advantages, it brings to the mind.

2.

It adminiſtreth ſoundneſs and Vigour to the outward ſenſes.
An example would not do amiſs.

3.

The ſight in antient Men is chiefly clouded, becauſe the Optick Nerves are clouded with ſuperfluous Humors and Vapors, whereby the Animal Spirits, which are Subſervient to the ſight, are either darkned or choaked in their progreſs.

4.

This impediment is taken away by ſobriety in Diet, and avoiding ſuch things as fill the head with fumes, ſtrong Wines, thick Beer &c.

5.

The like we may ſay of hearing, by groſe Vapors that fal down to the Timpanum, or elſe fil the Nerve that is ſubſervient to hearing, which is remedied by the ſame means, the former is

especially

eſpecially, if ſome Topical Remedies alſo be uſed, of which I commend a little Black Wool dipped in *Aqua vitæ* and wrung out hard, and the ear ſtopped with it.

6.

But I ſhal make this chiefly appear in the ſence of taſting, which is chiefly afflicted by il Humors, for if Chollerick or Salt Humors poſſeſs the Pallat, (whether they proceed from the Head or Stomach it matters not) al things taſt bitter or Salt, then it is ill Humors afflict the ſence, and may (as we have aboundantly already proved) be remedies by a ſober Diet.

7.

Alſo that a ſober Diet mends the taſt exceedingly, is thus proved, ordinary food, yea dry bread it ſelf hath a better taſt when real hunger calls for it, than the daintieſt fare that can be imagined hath, when Gluttony cals for it.

8.

For it is evil Juyces that afflict the organ of the taſt, that breed loathſomneſs of good and wholſome Food, which being taken away, then appetite is, as it ſhould be, and not til then.

9.

We wil grant, Old Age may abate the Vigor of the ſences, eſpecially of the Eyes and eares, as Radical moiſture is by little and little conſumed, but no otherwiſe, if the Diet be temperate.

Chap.

## Chap. 11.

### *A ſober Diet Mitigates the Violence of Paſſions and Affections.*

1.

It it a ſhameful thing for a Man to be angry, at the wagging of a Straw, to be a ſlave to Melancholly cares and fears, to make a God of ones Belly and a trade of Concupiſcence.

2.

Neither is it only ſhameful (though one would think that were motive enough to make one leave it) but it is alſo.

1. An enemy to Vertue.
2. Contrary to health.
3. Opprobrious to good Men.

3.

A ſober Diet with much eaſe Remedies all thoſe miſcheifes, partly by correcting, and partly by ſubſtracting the Humors that cauſe them, and that evil Humors in the Body cauſe them, we ſhal eaſily prove.

5.

Such as are ful of Chollerick Humors, are alwaies angry and raſh; thoſe that are ful of Melancholy humors, are ſad, penſive, ful of griefes and fears: and if theſe Humors putrefie in the Brain; there follows frenzies and madneſs, therefore

therefore the fault lies in the Humors.

6.

The affection of the mind follows the apprehenſion of the fancy; the apprehenſion of the fancy is conformable to the diſpoſition of the Body, and the predominate Humors therein; and although *Dr. Trimroſe* himſelf could ſcarſe carp at ſuch an Aphoriſm as this is, yet we wil for Illuſtration take, cleer it in the next. Therefore conſider.

7.

1. Chollerick Men dream of Fire, Burning, Fighting, Killing, &c.
2. Melancholly Men dream of Darkneſs, Fear, Funerals, evil Spirits, whatever they dream of, be ſure Fear is at one end.
3. Flegmatick Men, dream of Rains, great Waters, Drownings, Shipwrack &c.
4. Sanguine Men dream of flying, Banqueting, Songs, and love matters.

7.

Dreams are nothing but the apprehenſions of the Fancy, when the ſences are aſleep, ſo that it follows; that in waking, as wel as ſleeping, the Fancy apprehends things according to the predominate Humors, til it be corrected or otherwaies directed by reaſon.

8.

You ſee then, that the exceſs of evil Humors perverts the natural condition and apprehenſion of the fancy, we ſhal ſhew you in a word or two, how it doth it.

9. Choller

9.

Choller in-as-much as it is extreme Bitter and therefore contrary to Nature, cauſeth other Mens words or Deeds, to ſeem to proceed from bitterneſs of Spirit againſt him; as though whatſoever was ſaid or done, was intended againſt him with deſpite and injury.

10.

Becauſe Choller is fiery and Impetuous, it makes the Aprehenſion ſwift and violent, and drives a Man to a ſpeedy revenge of the evil, which he doth but ſuppoſe was done againſt him.

11.

The Melancholly Humor is heavy, cold and dry, Lumpiſh and ſour, and alwaies (it abounding) Obnoxious to the heart: now by reaſon of its coldneſs and heavineſs, it cannot incite Man to the repulſe of evil, as Choller doth, which is light and active, but poſſeſſeth a Man with feare and care, and deſire of revenge.

12.

It were in vain to ſpeak of the other complexions: a Man of any Brain may ſee it true in them alſo, let us ſee a little the evils they do to Men, and how they pervert the mind from vertue.

13.

Choller abounding makes Men angry, Raſh, haſty, bold, quarrelſome, peeviſh, ſwearers, curſers, brawlers: hence comes fighting, killing wounding, one another &c. For drunken fraies come from the fury of Choller inflamed

flamed and ſet on fire by the Wine.

14.

Melancholly makes Men ſad, faint-hearted Solitary, fearful, ſubject to deſpair, and Madneſs, if it poſſes the Brain, and ſends up ſuch filthy Vapours from the Hypochondria to the Brain, that it unfits a Man for any buſineſs.

15.

Flegm makes Men ſlow, ſleepy, fearful, forgetful, unfit for any matter of conſequence: for although this Humor be not ſo hurtful to the Body as Choller and Melancholly; yet is it more hurtful to the mind; for it duls the vigor of the Spirits, by its moiſture, cloying the Brain and ſtopping their paſſages.

16.

Now a ſober Diet doth in great part Remedy al theſe evils, abating them by little and little; Nature either conſuming them within or driving them out by degrees; eſpecially if ſhe be helped a little by ſome proper Medicine.

17.

Beſides al this, the whol temper of the Body is much corrected, there being a ſupply of pure and well tempered Blood without any crudities, or ſuperfluous Humors, ſo that ſuch as keep a ſober Diet are calm, affable, courteous, cheerful, and moderate in al things, for the Benign Nouriſhment, which Nature works upon, cauſeth Benign affections throughout the Body.

18.

Beſides al this, evil Humors do not only ſtir up

up passions and set them a work, but also themselves are set on fire and strengthned by the passions, and being thus kindled they add new strength to the passions and encrease them, for example.

19.

A Chollerick Man when he is angry, at a supposed injury, his anger so enflames the Humor, and the Humors so encreaseth the anger that he wil not suffer a friend to speak to him, though he loved him never so deerly.

20.

And in sighing, which by depression of the heart, emptieth it self of vital spirits, and hastens Consumption, the more a man sigheth, the more he desires to sigh.

## Chap. 12.

### *A sober Diet preserveth the Memory.*

1.

There is scarce any thing more desireable to a student than a good memory.

2.

Memory is most commonly impeached by a cold Humor possessing the Brain, stopping the narrow passages of the Spirits, benumbing the Spirits themselves, whereby they become slow

ſlow, weak and inconſtant, and oftentimes fail a Man in the middeſt of his diſcourſe; ſo that he knows not, what he ſaid laſt, nor what he intended to ſay, but is fain to ask the ſtanders by what the matter treated about was.

3.

This is cauſed three waies.

1. Becauſe the animal Spirit, which the Phanſie makes uſe of in remembering actions, is ſuddainly intercepted in her courſe, by ſome Flegmatick Humor, by which interception, apprehenſion ceaſeth and conſequently all remembrance.
2. In that the apprehenſion was feeble and without Reflexion, by reaſon of the poorneſs and unaptneſs of the Spirits; now apprehenſion without Reflexion cannot make any print for remembrance; for al remembrance is immediatly converſant about our own actions, and but mediately about diſcourſe.
3. From the unaptneſs of the Spirits: for though there be a print or Foot-ſtep of what was ſaid or done, left, Sufficient on its own part; yet are the Spirits ſo Poor or impure, or hot that we cannot make uſe of them to find it out.

4.

Now this great and apparent evil is wonderfully both prevented before it come, and cured when it is come, by a ſober and temperate Diet.

5.

Let ſuch as are ſo troubled, avoid exceſs of hot drinks and Wines which ſend up unwholſom Vapors to the Brain, or if the coldneſs of their Stomachs require them, let them drink them in ſmal quantities and preſently after meals.

6.

For although the Wine it ſelf be hot yet it breeds cold Diſeaſes, *viz.* Diſtillations on the Lungs, Coughs, Appoplexies Palſies &c, And the reaſon is, becauſe it fils the Head with Vapors which the Brain cools and congeals into cold Flegm, which is the cauſe of theſe evils.

7.

Let ſuch, as much as may be, keep themſelves to a dry Diet, and avoid moiſt meats, for ſo moiſt Humors wil not be bred, or being bred, wil in ſhort time be conſumed, and the paſſages of the Spirits made free, and the Brain reduced to its natural temper.

## Chap. 13.

### *A ſober Diet helps the Underſtanding.*

1.

O yes! Every one that delight in Vigor of wit, in ſtudying, reaſoning, finding out, and judging

judging of things, as also to Lead such a life, as he may be fit for communication with holy Angels, let him read dilligently this Chapter.

2.

Would you be watchful, provident, circumspect, of a good forecast, of a sound Judgment, able to give good counsel, able to comprehend any study, to grow excellent in what you undertake; come hither, this is the way.

3.

By this means the holy men of Old came to be familiar with God, were adorned with the gifts of prophesie and wrought miracles, and became admirable to the world.

4.

For by a sober Diet, clensing their Bodies from impurities, and having alwaies their minds lifted up to God, admiring him in his works, God vouchsafed to come down to them, illuminating them wonderfully according to *Psal.* 34. They had an Eye unto him and were enlightened.

5.

Such it is that God makes partakers of his secrets, and instruments of his marvailous works, to the Sons of men, that so the world may know, how acceptable such a kind of life is to God.

6.

Let me not be mistaken, I do not say a sober Diet causeth these wonderful revelations of God to the sons of men, but this I say, and am able to prove it, when I have done, It re-

moveth the impediments that hinder.

7.

For a ſpiritual progreſs depends much upon the uſe of the underſtanding, we cannot love any good thing nor profit in the love of it, nor hate any evil thing nor encreaſe in the hatred of it, unleſs it be propoſed to be good or evil by the underſtanding, that ſo it may move the affections, ſo that corruption of the underſtanding is many times the reaſon why men call good evil, and evil good, at all times the reaſon of miſtaking an apparent good for a real.

8.

By al which it appeares, that thoſe things which hinder the functions of the mind or obſcure them, or make them difficult and irkſom, are, The things which in deed and truth debarrs us, not only from attaining any great perfection in al natural Arts, but alſo from ſpiritualizing thoſe we have.

9.

All theſe which we have already, often ſhewed before, proceed from natural afflictions of the Brain, and may be remedied by a ſet and ſober Diet.

10.

Neither doth a ſober Diet only take away the impediments of ſpeculation, but alſo adminiſters very many neceſſary helps to it, *viz.*

1. Good Blood.
2. Pure and well tempered Spirits.
3. An equal and well tempered Brain.

11. Then

11.

Then consider, the benefits this sober Diet brings to a man, are so great and of so high a Nature, that I am not able to conceive them in my mind, much less to express them by writing. I must be contented at present to give you only a glimps of them.

1. Even in old Age the mind is cheery, expedite and vigorous in al the employments thereof.
2. By long experience of a fore past Age, the vanity of the world the more appears, and by appearing, becomes the more contemptible.
3. Heavenly matters relish better, when earthly are despised.
4. Eternity which hangs over our Heads, is alwaies before our Eyes, and cals upon us to make preparation for it.
5. We reap the sweet fruit of all the good we have gotten from our youth up til that time.
6. Divine meditations are pleasant, because affections and perturbations of the mind are calmed.
7. Their minds are fit to receive divine inspirations and revelations and alwaies so fit.

12.

A long life is little worth and of smal advantage, if it be spent in the service of the world, such as live like beasts, in this world, when they are dead, their names shal be written in the Earth.

CHAP.

## Chap. 14.

### *A ſober Diet allayeth the heat of Luſt.*

1.

Luſt is the Mother of ſin, the Devil the father, and mans heart the Womb, in which it is conceived.

2.

A man may eaſily perceive in himſelf a Luſt to ſin, before it break forth into act, and I once thought it the higheſt Pitch of Chriſtianity, or at leaſt the greateſt ſtrength of a Chriſtian in this world to anticipate between the Luſt to the act and the acting of the thing luſted after.

3.

But now the Eyes of my underſtanding growing purer. I ſee the luſting after ſin may be much quelled though not quite allayed, ſo long as we bear this Body of ſin about us.

4.

That this may be methodically ſhewed I ſhal inſtance in one Luſt, which is not a little deſtructive to Nature, and leave that as an example for al the reſt, It is Concupiſcence.

5.

A ſober Diet much allaies the temptations of the

the Flesh, and brings much tranquillity both to Flesh and Spirit.

*Sine Cerere et libero friget* Venus.

Stuff not your Guts with Flesh and Wine.
And lustful *Venus* Soon wil pine.

6.

Sobriety takes away not only the matter it self, but also the impulsive and exciting causes to venery.

7.

The matter of lust is the abundance of Seed.
The impulsive cause, is the store of animal Spirits, whereby the Seed is expelled.
The exciting cause is the imagination of lustful matters.

8.

This imagination first stirrs up the Concupiscence and that straight-waies stirrs up the Spirits to expulsion, which presently accomplish the thing, except the will restrain it, under this combate do those chiefly lie, who are in the Flower of their Age, and strenght of Nature, though sometimes the Proverb be true, Old Rats love Cheese.

9.

Now a sober Diet doth substract both from the matter and from the impulsive cause, for it maketh an abatement by degrees both of the quantity and heat of the Seed, and diminisheth the store and fierynes of the Spirits, and when the

the Seed and Spirits are abated, and tempered: luſtful imaginations ceaſe of their own accord, or if they do riſe, they are eaſily quelled.

10.

It is in vain to Object to me what luſtful thoughts either to this or any other ſin, the Devil may caſt into the heart, for if there be no corruption in the Body anſwerable to his temptation, he had as good be quiet and keep his breath to cool his portage.

11.

As for luſtful imaginations they ſpring from the mind by a kind of ſimpathy which it hath with the diſpoſition of the Body, by reaſon of the predominate Humors therein contained, as we have at large ſhewed before.

12.

For proof of this: if ſo cleer a thing need proof, that ſuch as have followed ſobriety, have for the moſt part been freed from ſuch imaginations, or temptations, let none go about to diſprove it without a years experience.

13.

If there be not ſtore of theſe cauſes laid up before hand in the Body, ſobriety eaſily preventeth their growth, becauſe he eats and drinks no more than Nature requires to ſuſtain the Body, and to be ſure ſhe wil look to that in the firſt place.

14.

The way then to meaſure the quantity aright is to meaſure it by reaſon, not by appetite, for appetite is deceitful, and I ſhall tel you why,

15. Appetite

# Mr CULPEPER'S GHOST,

Giving Seasonable

ADVICE to the LOVERS

OF HIS

# WRITINGS.

Before which is prefixed,

Mris. Culpepers EPISTLE *in* Vindication *of her Husband's* Reputation.

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LONDON:
Printed for *Peter Cole*, and are to be sold at his Shop, at the sign of the Printing-Press in Corn-hil, neer the Royal Exchange. 1656.

# *Mris.* Culpepers EPISTLE
## IN
# VINDICATION
## of her Husbands
# REPUTATION.

Courteous Reader,

SO *great are the Afflictions wherewith our* Heavenly Father *hath been pleased to exercise me his poor* Hand-maid, *that I have not only lived to see my* dear Husband, *(the* Stay *and* Solace *of my Life) taken from me: but it hath been my hard hap also to see his* Reputation, *and* Memory *(which will be dear to all Posterity, for the Works he hath written for the Common Good of this Nation) blemished, and Eclipsed, by the* covetous *and* unjust Forgeries *of one, who, though he calls himself* Nathaniel, *is far from being* an Israelite in whom there is no guile; *who was not content to publish a* Hodg-podg *of* indigested Collections, *and* Observations *of my dear Husband deceased, under the Title of* Culpeper's last Legacy; *but to make the Deceit more taking, he steeled his Forehead so far, and brased it so hard, as not to be ashamed to forge* two Epistles, *one in mine, and the other in my Husbands Name; of the penning of which, he nor I never so much as dream'd: And yet he* impudently *affirmeth in my Name, that my Husband* Laid a severe Injunction on me to publish them for the general Good, after his decease; and

that they are his laſt Experiences in Phyſick and Chyrurgery. *And in the Title of his Book, he ſaith,* They are the choyceſt, and moſt profitable Secrets, reſolved never to be publiſhed till after his Death. *All which Expreſſions in the Title and Epiſtles, are as falſe as the Father of Lyes; and every word in them, forged and feigned. And he knew well enough, that no diſcreet, honeſt man, that was a friend to my Husband, or me, would ever have agreed to ſuch infamous and diſhoneſt Practices; and therefore I deſire all Courteous Readers of the Writings of my Husband, to take notice of this* Deceit, *and to aſſure themſelves that it never entred into his head, to publiſh ſuch an undigeſted* Gallimoffery, *under the promiſing and ſolemn Name of his* Laſt Legacy, *and that* whereby he gained his Reputation in the World, *as the Impoſter makes him ſpeak in his forged Epiſtle. And I deſire any indifferent Reader, that hath obſerved my Husbands lofty, and Maſculine manner of expreſſing himſelf in his Prefaces, and Epiſtles, Dedicatory, whether in caſe he had been minded or diſpoſed to take ſo ſolemn a farewel of the world, as the* Forger *makes him to do; whether, I ſay, he would have done it in ſuch a* whining faſhion, *and ſo in the Stile of a* Ballademaker, *as to ſay,* And now, if it pleaſe Heaven to put a period to my Life, and Studies, that I muſt bid all things under the Sun farewel: Farewel to my dear Wife and Child, farewel Arts and Sciences, farewel all worldly Glories, adieu Readers. *Certainly my Husband would have been far more ſerious, and material, in ſuch a caſe, as any diſcreet man will judg. Neither can it be thought, that in ſuch a ſolemn* Valediction, *he could poſſibly forget his wonted reſpects to the* Colledg of Doctors, *to whom he did ſo frequently addreſs himſelf, in divers of his Writings.*

Courteous Readers, I *ſhall ſay no more touching the abuſe of the Book-ſeller, only to prevent (as much as concerns me) thy being abuſed for the future, know, That my Husband left ſeventy-nine Books of his own making, or Tranſlating, in my hands, and "I have depoſited them into the hands of his, and my much Honored Friend, Mr.* Peter Cole, *Book-ſeller, at the* Printing-Preſs, *neer the* Royal Exchange *(for the good of my Child) from whom thou mayeſt expect to receive in* Print, *ſuch of them as ſhall be thought fit to ſerve thee in due ſeaſon, without any Diſguiſes or Forgeries, unto which I do hereby give my atteſtation. Alſo my Husband left ſeventeen Books compleatly perfected,*

in

*in the hands of the ſaid Mr.* Cole, *for which he paid my Husband in his life-time: And Mr.* Cole *is ready and willing (on any good occaſion) to ſhew any of the ſaid ſeventy nine Books, or the ſeventeen, to ſuch as doubt thereof.*

*And if any Perſon ſhall queſtion the Truth of any part of this Vindication, or Epiſtle; if they will take the pains to come to me, I will face to face, juſtifie the truth of every word thereof, as I have ſubſcribed my Hand thereunto in the preſence of many witneſſes.*

*I profeſs in the Preſence of the great God, the Searcher of all hearts, before whom Mr.* Brooks *and I muſt one day give an account of all our Actions; That I have not publiſhed this Epiſtle or Vindication, out of any diſ-reſpect to Mr.* Brooks (*for I much reſpect the man, and would be glad to ſerve him to my power*) *but only to cleer my Husband from the folly and weakneſs caſt upon him by the means above expreſſed. And out of tenderneſs to Mr.* Brooks, *I firſt tried other means of keeping, and afterwards of repairing my Husbands Credit, and then ſtayed long to ſee if he would repair (in any meaſure) the wrong done to my Husband, and my ſelf. I deſire to be*

From my Houſe, next door to the Red Lyon in Spittle-fields, *October*, 18. 1655.

Your Servant (in, and for the Truth)

*Alice Culpeper.*

Mris. *Culpeper* did the 18. of *October*, ſubſcribe this Epiſtle in Vindi cation of her Husband's *Reputation*, before Ten Witneſſes, as ſhe had done another Epiſtle on the ninth of *October*, almoſt in the ſame words with this, except neer the Concluſion.

# The Printer to the Reader.

Courteous Reader,

THough *that* Ingenious *and* Active, Charitable *Soul or* Ghoſt *of* Dr. Culpeper, *hath left this* World; *yet* Care *of his* Friends, *and ſuch as have been, or are his* Schollers, (*for being* dead, *he* Teacheth *in the never-dying Monuments of his* Learning, Wit, Induſtry, *and* Humanity; *I mean his* Writings) *hath not left his* Soul, *as appears by this following Diſcourſe. Whether any perſon brought it from the* Elyſian Fields (*where it ſeems by this Relation, his* Ghoſt *at preſent is*) *or whether he delivered all this in an* Apparition; *or whether* Spirits *can write, and ſo he wrote it to ſome Friend of his, that will not be known, for fear he ſhould be counted a* Conjurer, *and one that had familiarity with* Spirits? *I will not determine. Perhaps his*

*his* good Angel *might receive it from him, and diſcover it to the* Good Angel *of his* Wife, *or* Dr. Harrington, *and the one or other of them, receiving it from their Tutelary* Angel, *might privately communicate the ſame to ſome Friends for fear of the ill Speeches of* People. *However, being it hath been my good hap to get a Copy (though it may be, not ſo perfect as were to be wiſhed, for the Connexion ſeems in ſome places faulty, and ſomtimes the Ghoſt ſpeaks as to one, and other whiles as to many; ſomtimes as to a Meſſenger that ſhould carry word to his Friends, and ſomtimes as if himſelf were preſent, ſpeaking to them) I could not be ſo forgetful of my old Friend, and unfaithful to thee, whom I take to be his Friend, as to let it ſleep in Oblivion, and miſs of the good,* that *Charitable Soul intended thee by it. Such a Comportance would not at all have become that Man, who is, and profeſſeth himſelf to be*

Thy Real Friend
to his Power,
PETER COLE.

## *The Names of Mr.* Culpepers *eight ſeveral Books of Phyſick, that thou art adviſed in this Diſcourſe to buy.*

1 The *Practice of Phyſick*, containing ſeventeen ſeveral Books. Wherein is plainly ſet forth, The *Nature*, *Cauſe*, *Differences*, and Several Sorts of *Signs*; Together with the *Cure* of all Diſeaſes in the Body of Man. Being chiefly a Tranſlation of the *The works* of that Learned and Renowned Doctor, *Lazarus Riverius*, Now living; Councellor and Phyſitian to the preſent King of *France*. Above fifteen thouſand of the ſaid Books in Latin have been Sold in a very few Yeers, having been eight times printed, though al the former Impreſſions wanted the *Nature*, *Cauſes*, *Signs*, and *Differences* of the Diſeaſes, and had only the Medicines for the *Cure* of them; as plainly appears by the Authors Epiſtle.

2 The *Anatomy of the Body of Man*, Wherein is exactly deſcribed, the ſeveral parts of the Body of Man, illuſtrated with very many larger Braſs Plates than ever was in Engliſh before.

3 A Tranſlation of the *New Diſpenſatory*, made by the Colledg of Phyſitians of *London*. Whereunto is added, The *Key to Galen's Method of Phyſick*

4 The *Engliſh Phyſitian Enlarged*; being an *Aſtrologo-Phyſical* Diſcourſe of the vulgar Herbs of this Nation; wherein is ſhewed how to cure a mans ſelf of moſt Diſeaſes incident to Mans Body, with ſuch things as grow in *England*, and for three pence charge. Alſo in the ſame Book is ſhewed, The time of gathering al Herbs, both Vulgarly & Aſtrologically. 2 The way of drying, and keeping them and their Juyces. 3 The way of making & keeping al manner of uſeful Compounds, made of thoſe Herbs

5 A *Directory for Midwives*, or a *Guide for Women*. Newly enlarged by the Author in every ſheet, and Illuſtrated with divers new Plates.

6 *Galen's* Art of *Phyſick*, with a large Comment.

7 A *New Method* both of ſtudying and practiſing Phyſick.

8 A Treatiſe of the *Rickets*, being a Diſeaſe common to Children; wherein is ſhewed, 1 The Eſſence, 2 The Cauſes, 3 The Signs, 4 The Remedies of the Diſeaſe.

# Mr CULPEPER'S GHOST,

Giving Seasonable

## ADVICE to the LOVERS OF HIS WRITINGS.

---

I Do most seriously and heartily Advise all my loving *Friends*, that accept kindly of my Labors and Endeavors, and delight in the *Studies* of *Physick* in their *Mother* Tongue, that they would *make Hay while the Sun shines*, viz. Whiles the Liberties of a *free Common-wealth* last among them.

For let them aſſure themſelves, That (if ever *God*, for their *Unthankfulneſs*, and *Unworthy Walking* under his *Mercies*) ſhall caſt again the *Tyrannical Yoak* of *King-ſhip* upon the *Neck* of the *Engliſh Nation*, they will be deprived of all thoſe *bleſſed Opportunities* they now enjoy, to improve their Underſtandings in this *Art*. For *King-ſhip*, (like the *Devil* caſt out) will returning, bring SEVEN DEVILS worſe than it ſelf, and the *Bondage* of the Nation will be worſe than ever, and ten-fold more *Ægyptian*. And as the *Tyranny* of *King-ſhip* hath alwaies been, and ever will be, attended with a *Luxurious* and *debauched Court*; ſo will the *Debaucheries* be encreaſed *ſeven fold* by the Inſtigation of thoſe *ſeven* other *Devils*. And then (*Friends*) the prime *Factors* of *Phyſick*, of the *Monopolizing upſtart London Colledg*, will be called to ſecret *Court-Miniſtries*, and to be of the *Cabinet Council* of ſome *Court-Nimrods*, ſick of ſuch Diſeaſes that puniſh, as well by the *ſhame*, as *pain* which attends them. Then will the *Factors* of *Phyſick* ſo employed, dare without much *bluſhing* to beſeech their *Debauched* and *Frenchified* Lordſhips, to become earneſt Solicitors to the *Kings moſt Excellent Majeſtie*; that for the *Profit* of his Majeſties Realms, undone by *Knowledg*, and to encreaſe

creaſe the *Gain* of the *Colledg Factors*, that they may be able to attend the *Court*, when called, in a *ſplendid Equipage*; and as a remuneration of their *Fidelity* and ſecrecy in their *Court Services*; That all *Books* of *Phyſick* in the *Engliſh* Tongue, may by expreſs and ſpeedy Order of his moſt excellent Majeſty, be burnt by the Hand of the *Hang-man* at the uſual places of ſuch *Martyrdoms*, but eſpecially at the Royal Exchange, over againſt *Peſtilent Peters* own Shop; and that al Perſons be enjoyned from City and Country to bring in all their *Phyſick Books* to the *Colledg* at *Amen-Corner*; and that all *Chyrurgeons*, *Countrie Practitioners*, *Apothecaries*, *Gentlemen*, and *Ladies*, may be ſtrictly enjoyned under a ſevere Penalty to be expreſſed, to blot out of their *Remembrance* all the Knowledg of *Phyſick* gained from ſuch Books, and never to think thereof, ſo much as in a Dream; and that all ſick Perſons may be enjoyned from all Parts of the Nation, and from aboord the Ships of the *Commonwealth*, to repair in Perſon, or by their Agents, with their Waters, to the *Colledg of London* for Phyſick, juſt as they do to *Weſtminſter for Law* (for if his Majeſty pleaſe, they may do one as well as the other) and that it may be a *Star Chamber* Caſe, for any

man to print and publiſh ſuch Books, or to read and inform themſelves thereby.

Now their *Lordſhips* muſt be Judges in the *Star-Chamber*, and they will be zealous in this Cauſe ſo neerly concerning their private Friends, the *Colledg Factors*, who had lately healed them from thoſe *Brandmarks* made with a BURNING-HOT-MISTRIS, which they received by Sentence given againſt their *Lordſhips* in the Court of *Sun-Chamber* in Heaven; not upon their *Cheeks*, *Foreheads*, or *Ears*, where their Lordſhips were wont to brand men, but upon their PRIAPEIAN UTENSILES, for the ſweet Sin of *Lechery*, the Fruit of their *Tyrannical Pride* and *Luxurie*. Think (*Friends*) how the poor Printers, and Publiſhers of *Phyſick Books* in the *Engliſh Tongue*, wil be Sentenced by their *Frenchified Lordſhips*, aſſure your ſelves the Cenſures of *Laton*, *Prin*, *Baſtwick*, and *Burton*, were but Fleabitings to the Penalties that ſhal be decreed by that *High Court*, againſt ſuch heinous offenders againſt the *Crown* and *Dignity* of the *Colledg*. A word to the wiſe is ſufficient, Buy theſe * *Books* while you can get them, ſtudy them wel, and keep them warily when you have

* The Names of the Books I adviſe you to buy, thou mayeſt find after the end of the Epiſtle to this Diſcourſe.

have them, and by this means you wil cauſe more to be publiſhed in this kind, and likewiſe by great diſperſion of *Copies* far & wide tranſmit this knowledg to al your poſterity, *Maugre* the *Beards* of al future *Tyrants*, and their *Factors* of *Phyſick*. And I would have my Country-men to be very thankful to *Almighty God* for the preſent *Liberty* of the *Nation*, and to pray continually for their *Sober*, *Honeſt*, and *Generous Governors*, that care not to oblige any *Man* or *Fraternity* of men, by *unrighteous* and *wicked Acts*, which highly diſoblige the *Commonwealth*. And (Freinds) if any of the *Colledg* cry down the *Authors* by me Publiſhed, and I hear ſome are ſo impudent as to diſparage *Riverius* (which is al one, as if a *Civilian* ſhould through dirt in the Face of *Juſtinian*) Laugh at them and Pity them (for it is the laſt Game they have to play) but beleeve them not; know rather aſſuredly, that in the Books by me compoſed or tranſlated, the principal of which is the renowned *Riverius* (ſince my unbodying, compleatly publiſhed) there are the beſt *Rules* of *Phyſick* in a *Galenical* way that are, or ever wil be extant, for we know what thoſe *Principles* can produce. And as for *Chymiſtry*, of which I had a mighty high opinion in my life

time: I muſt confeſs, though I ſtil acknowledg the Art to be very ingenious and uſeful, to ſearch into the Miſteries of Nature, and the beſt key of *Natural Philoſophy*, & that by help thereof ſome very uſeful Medicaments are daily made, as my *Aurum Potabile*, of which I left a Treatiſe; yet I do now much doubt whether a General ſupply of Medicaments for al Caſes obvious in Practice, can by *Chymiſtrie* be afforded better than the often-approved and by experience confirmed *Galenical* and *Hyppocratical* Remedies. The occaſion that made me firſt incline to this opinion, was thus. I met here in the *Elyſian Fields* accidentally with *Factor Wright junior*, who firſt lived with *Doctor Flud* in *Fan-church ſtreet*, being a Youth and gave out his Phyſick (as his *Houſe-Apothecary*) who told me that his Mr. *Flud*, though a *Triſmegiſtian-Platonick-Roſy-crucian Doctor*, gave his Patients the ſame kind of *Galenical Medicaments*, which other Phyſitians in the Town ordinarily appointed, and when himſelf was ſick, he had no Chymical *Elixars* or *Quinteſſential Extracts* to relie upon, but after he had cauſed himſelf to be let blood (an ordinary *Galenical* Remedy) he ſent for *Doctor Gulſtone*, & relied upon his adviſe for the Cure of his Diſeaſe,

diſeaſe, who was a *pure Galeniſt.* And I wel remember in one of his Folio Books treating of Preſervation of Health, his only Phyſick he recommends, is a *Maſtich Pill*, with a drop of *Oyl of Time*, than which the Apothecaries Shop knows no more common Medicine. And therefore he being ſo great, and ſo ſublime a *Doctor*, as to have written many Volums in Folio, full of *Mathematical, Myſtagogical, Chymical-Roſicrucean Speculations*, which Books are highly eſteemed by many beyond Seas, and by ſome at home: If all his Skill in *Chymiſtry* (of which the *Roſie-Crucian Seraphical illuminated Fraternity*, are the chief Maſters) or other Myſterious Arts, had furniſhed him with any more effectual Medicaments than the *Galenical*, ſuch as are in the *London Diſpenſatory*, I cannot doubt but he would have uſed them, if not for Conſcience ſake, yet for to advance his Reputation, by the *quickneſs, ſafeneſs*, and *pleaſantneſs* of the Cure, which is that the *Chymiſts* boaſt of. After the foreſaid Relation of *Factor Wright Junior*, I happened to meet with *Old Dr. Flud*, walking very muſefully, and communicating with the Ghoſts of *Raimundus Lullius*, and *Van Helmont*; I took old Dr. *Flud* aſide, and asked him if the Relation of his Servant

*Robert Wright* were true. Hereupon the old man ingenuouſly confeſſed the thing, and ſaid there were no better Medicaments in the whol world than the Galenical; and ſo left me to return to his Company, they being (as I over heard) in a great Diſpute about the *Weapon-Salve*, and plotting together about a rare Invention, *viz.* How to invent an *Univerſal Magnetick Medicine* for Feavers, which being put into the *Urine* of a *ſick Patient*, the quantity of a few drops, ſhould *Sympathetically* work the ſame Operation in the Cure of the Feaver, as the *Weapon ſalve* being anointed upon the Weapon, does upon the wound. For Dr. *Flud* ſaid, if the *Spirits* in the *Blood* ſticking upon a Sword, when it is anointed, do by Sympathy fly unto the Body whence they came, and carry along with them the vertue of the Salve, as I have cleerly demonſtrated in my Book againſt *Hoplocriſma-ſpongos*, or my *Squeezing of Parſon* Foſters *Spunge*: why may not the vertues of a *Magnetick Medicament*, dropped into the Patients Urine, eſpecially the Urine remaining warm, be carried into the inmoſt Bowels of the Body, eſpecially the *Liver*, *Spleen*, *Kidneys*, and *Bladder*, by the Spirits of thoſe parts which came away in the *Urine*, and when the

*Urine*

*Urine* becomes cold, do retire into the Body whence they came, by a *Vertual Attraction* cauſed by the *Emanation* of the *inviſible Atomes* that come from thoſe parts in the ſick Body, through the air into the chamber-pot or Urinal, to viſit their fellow Spirits there impriſoned. Truly (replyed *Van Helmont*) this may very well be done; for the *Fermentative Odor* of the *Gas Aquæ* in conjunction with the *Blas Meteoron*, impregnated with the *Magnum Opertet*, which lies rivetted in the *Centre* of the *Magnetick Spirit*, dropped into the Urine, may in a moment, and like Lightening, penetrate the *ſick Patient*, and meeting with the *Faber Archeus* (who is now ſo inraged, and blows his Bellows with ſuch Bedlam fury, that al his ſhop is afire about his Ears) ſo charm and pacifie him, and pierce into the *Individual punctuality of his Central Eſſence*, ſo tickle him (as men are wont to tickle the Trouts, and other Fiſh, when they intend with their hands to throw them out of the Water) that he ſhall become as gentle as a Lamb, and recovering his wits, quench the fire he hath made, and put all in Tune again. This was the Diſcourſe of theſe three *Chymical Grandees*, but they could not well agree; for *Raimundus Lullius*, and Dr. *Flud* varied from *Min Heere Van Helmont* (who ſaid they were

were not *Adepti*) ſo that they agreed to chuſe Arbitrators; *Raimund* and *Robert* choſe *Triſmegiſtus*, and *John Baptiſt* choſe *Paracelſus*: But what was the Concluſion of this Conſult, I have not yet learned. And ſo farewel. Hola! Doeſt thou hear Friend, I will tell thee a Tale before thou go, which will confirm what I formerly ſaid. Word is newly come to the *Elyſian Fields*, that a Learned *Doctor* and *Factor of Phyſick*, independent upon the *Colledg* of *London*, was lately dealt with by a Pragmatick *Colledg Factor*, who would needs perſwade him to come into the *Colledg*. But the ſaid *Independent Factor*, ſaid to the *Preſbiterian*, or *Colledg Factor*, That he knew no reaſon why he ſhould deſire to be of the *Colledg*, but divers againſt it, as loſs of his *Liberty* in many reſpects, and being ſubjected and made inferior to thoſe that are his Inferiors in *ſtanding* in the *Univerſity*, and perhaps in all other things ſave *Mountebankry*, &c. ſubjoyning, that to ſeek a thing out of *deſign of advancing a Mans ſelf*, which will *really debaſe* him, is the greateſt *Folly* in the world. To which the *Presbiterian*, or *Colledg Factor* anſwered, You had beſt for al that joyn your ſelf to the *Colledg*, becauſe YOU KNOW NOT WHAT TIMES ARE

ARE COMING: Intimating that he the ſaid *Colledg Factor*, hath hopes that *Kingly Tyranny* ſhall be reſtored, and that the Illegal and Tyrannical *Uſurpation* of the *Monopolizing Colledg* (who ſince the *Commonwealth* hath been eſtabliſhed in oppoſition to *King-ſhip*, have drawn in their *Horns*) ſhall again flouriſh, and *play Rex*, as in daies of old, when they had the *Impudence* to afflict by *Impriſonment*, and other waies, men as *well Educated*, and as *Learned* as themſelves (contrary to their Charter, which gives them no power derogating from, and diſanulling the ancient Priviledg of *Oxford*, and *Cambridg*, and other Univerſities, which Authorize men to Practice in all Chriſtendom) becauſe they would not bow the Knee to *Haman* that ſate in the Kings Gate, nor ſubmit themſelves and *the Dignity of the Univerſities* to the *Monopolizing Conventicle* at *Amen Corner*, ſo as to become their Subjects, and Vaſſels to their Uſurped Prerogative. And ſince *that*, a *Reverend old Colledg Factor* who by *Practice* of *Phyſick &c.* hath ſcraped together a BARONS *Eſtate*, & may likely be a *Star-chamber Lord*, when the *Tyranny* is reſtored, told one that brought an Engliſh Phyſick Book to him to *Licence*, that he would neither *Approve* nor *Licence* it, but

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THE TIME WAS COMING, THAT A COURSE SHOULD BE TAKEN AGAINST AL SUCH BOOKS AS THOSE. Remember this ſtory *Country men*, and pray for the Continuance of your *Liberties* and the *juſt Mannagers* of the ſame, for with the revival and reduction of *Kingly Tyranny*, by a neceſſary and Natural conſequence, *Lords Tyranny*, *Biſhops Tyranny*, *Star-chamber Tyranny*, *Courts of Honor* and of *Amen Corner &c.* wil revive and ſhew themſelves as *Brisk* as *Body-Lice*. Farewel.

Hola! one word more. Good honeſt freind commend me heartily to the *Author* of that *Epigram* Printed with *Riverius*, at the end of his *Epiſtle*, and thank him for informing me what a *Doctor* of *Phyſick* is *indeed* and *intruth*, and what a *meer Factor* of Phyſick. I confeſs I never conſidered how that FACERE MEDICINAM is to practice *Phyſick*; and DOCTOR and QUI DOCET are *Convertible* terms of the ſame *Synonymal* import: and that a Man can be no more a *Doctor* without *Diſciples* or *Scholars* then a *Father* without *Children*, a *Maſter* without *Servants*, or a *Prince* without *Subjects*. Whereas he that teaches any Art is a *Doctor* of that Art in ſpight of al that al the *Colledges* in the world ſhal be able ſo ſay or do to the

daies

daies of *Eternity*, unleſs they can bereave men of their *underſtandings*, and change the *common Speech* of *Man-kind*. So that a Man may be a *Doctor* or *Teacher* of *Phyſick* and no *Factor* or Practiſer; or a *Practiſer*, or *Factor* (which is the true word) and no *Teacher* thereof; or he may be both a *Teacher and Factor*, as I was when *I* lived in the *Body*. And verily it is a moſt ridiculous thing, that he which intends onely to Practiſe the *Art* of *Healing*, ſhould not think himſelf qualified thereunto until with much *Labor* and *expence* he has purchaſed the idle name of a *Teacher* of Phyſick: as if a *Barriſter* or *Counceller* at Law, ſhould not think himſelf fitly qualified to plead at the *Bar*, unleſs he ſhould with great travil and expence at *Court* procure himſelf the *Empty name* of a *Judg*, or a *Doctor of the Laws of England*. I confeſs *I* am fully inlightened and convinced in this point, and if I were to live again in your world, I would write my ſelf *Doctor of Phyſick* inſtead of *Nich. Culpeper*, Gent. For beſides al the *Reaſon* in the world on my ſide (for I dare ſay *I* have been a greater *Teacher* of *Phyſick*, and have had incomparably more *Diſciples* in that *Art*, than al the *Fellows* of *Amen Colledg* ſince old King Harry gave them their Charter (which in al probability dropt out

out of his great *Codpiece*) not foreſeeing what ill uſe they would make of it ) I would juſtifie my ſelf by the Teſtimony of *Doctor John Collins*, the *Kings Profeſſor* of *Phyſick* in *Cambridg*, who in his Commendatory Epigram to *Mr. Ralph Winterton*, who Verſified *Hippocrates* Aphoriſmes in *Greek Verſes*, thus * ſpeaks.

* At the end of *Hippocrates* Aphoriſms in Greek and Latin Verſe, printed at *Cambridg*.

Non *Toga*, *Pileolús* ve, nec *Oſcula*, *Dactylius* ve
Verè *Doctorem*, néve *Cathedra* facit:
*Doctoris* quamvis hec ſint *Inſignia* facti.
His ſine, *Doctorem* te facit ipſe *Liber*.

*Nor* Gown, *nor* Cap, *nor* Kiſs, *nor* Golden Ring
Nor Chair *a* Doctor *makes*, *nor no ſuch thing*.
*Theſe may* adorn, *but can no* Doctor *make*,
*Without al which thou for thy* Poems *ſake*
*A* Doctor *art*.

And if *Ralph Winterton* who then had no other univerſity degree then of a *Maſter* of *Arts* was by the Kings *profeſſor* of Phyſick pronounced a *Doctor* of Phyſick, the ſaid *Profeſſor* acknowledging that his *Book* had made him ſo, which notwithſtanding was no more than an ingenious turning of *Hippocrates*

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